

## **CARERS ASSESSMENT**

A Carer's Assessment is a legal entitlement that Carers have under The Care Act 2014. A Carers Assessment is free and anyone over 18 can ask their local authority for one. In Essex (excluding Southend and Thurrock), contact Adult Social Care on 0345 603 7630 to request a Carers Assessment.

Carers are entitled to a Carer's Assessment of their needs if they provide a significant amount of care on a regular basis. It is important to consider the effect your caring role has on your life outside of caring; for example your work, your own personal health and wellbeing or your own time.

The assessment is not means-tested and is not a judgment of your caring; it is an acknowledgement of the extra work and responsibilities that a Carer may have.

A social care worker will complete the Carer's Assessment. These can be completed over the phone; however you can request a face-to-face meeting if you would prefer.

If you qualify for help from the council, they will write a care and support plan with you that details how they can help. The results of the assessment may be recommendations for support such as a break from caring, stress relief, help with taxi fares (if you don't drive), help with housework or gardening, training, advice or other local support groups.

### **Carers Assessment Checklist**

Information you will be asked for at the assessment includes:

- Your NHS number
- Your GP's name, address and telephone number
- Contact details of anyone who is attending the assessment with you
- The name, address, date of birth and NHS number of the person you care for
- Your email address

Before the assessment, sit down and think about your role as a Carer. Be honest about the effects that caring for your relative has on your life.

- Will you be able to talk freely if the person you care for is present?
- Do you want, or are you able, to carry on caring for your relative?
- If you are prepared to continue, is there anything that could make life easier for you?
- Without support, is there a risk that you might not be able to continue caring for your relative?
- Do you have any physical or mental health problems, including stress or depression, that make your role as a Carer more difficult?
- Does being a Carer affect your relationships with other people, including family and friends?
- If you have a job, does being a Carer cause problems?
- Would you like more time to yourself so that you can sleep, take a break or enjoy a leisure activity?
- Would you like to do some training, voluntary work or paid work?

Make notes to take into the assessment with you. It might help to chat things through with family and friends, or to keep a diary for a week, about the care you are providing and how it affects you.

For further information or assistance please contact:

**Action for Family Carers**

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