



What is a carer's assessment?

Simply, it is a chance for you to discuss your situation as a carer with one of our team. We offer an empathetic and confidential ear, and we will listen carefully to what you share with us.

The aim is to hear from you about your situation and to talk about support that might work for you. This could include checking if you might be eligible for financial support, practical things such as the right equipment, or emotional support such as our counselling service. You can also find out about how flexible working could help you in your caring role.

Everyone's situation is different. We assess your needs based on you as an individual.

We invite you to your carer's assessment in-person (in a Covid-safe local place), or online, or on the telephone – whichever is most convenient for you. A carer's assessment usually takes between 45 to 60 minutes.

Don't be concerned about the word "assessment". It is a conversation about your experience that you will have with a trained member of the team. You can request a translator if you feel more comfortable in another language.

The assessment criteria

You will need to match three criteria to be eligible for a council carer's assessment. This is because the assessments are connected to the 2014 Care Act. This may seem a bit technical but give us a call on **0208 960 3033** and we'll go through it with you. Here are the criteria:

1. Your need for support arises because you are providing necessary care and support for another adult

AND

2. Your own physical or mental health is deteriorating, or is at risk of deteriorating

OR

3. You are unable to achieve one or more outcomes in your own life because of the

effects of your caring role.

“Outcomes” is another word for the kinds of things you may want to do day to day, whether you are looking after another person or not. For example, meeting up with a friend, perhaps studying or having a job, getting out for exercise etc.

AND

4. As a result of number 2 above there is, or is likely to be, a significant effect on your own wellbeing. Wellbeing means your health and happiness.

Talking about “outcomes” in your carer’s assessment

During your carer’s assessment, you will have a conversation with your Carers Network case worker about how you feel the following areas in your life may be affected by your caring role. The name for these areas in the assessment process is “outcomes”.

- You can carry out any caring you do for a child, alongside caring for the adult.
- You can provide care to other people, if you look after more than one person.
- You have a habitable (i.e. safe and clean) home.
- You have a healthy, nutritious diet.
- You can develop and maintain family or other important relationships.
- You are able to take part in work, training, education or volunteering.
- You can use necessary facilities or services in the local community.
- You can join in fun or relaxing activities that you enjoy.

Your carer’s assessment is an opportunity for you to speak freely and in confidence, on a one-to-one basis with a Caseworker about your caring role.

Ways to meet for the assessment conversation

When you schedule your conversation, there are a number of ways you could choose to meet:

- By telephone
- Face-to-face either at Carers Network’s offices or at another COVID-safe location, which could be your home. This option will not be available if government COVID-guidelines advise it is not safe.
- Online. Your appointment will take place through a video platform. You will receive a link beforehand to log in.



Requesting a translator

You can request a translator if you feel more comfortable having your carer's assessment conversation in another language. We need to contact the translator in advance, so please remember to ask when you book your conversation.

Contact us to find out more about carer's assessments

Just get in touch with us and we can discuss what will work best for you:

- Call us on **0208 960 3033**
- or email **info@carers-network.org.uk**