

Guide to a Carers Assessment – February 2010

A carers assessment is about you and your lifestyle. This booklet is designed to help you think things through before the assessment takes place. It is written in a question and answer style with space for you to make notes so that you will remember all the things that you want to discuss.

You can decide how and where you would like your Carers Assessment to take place. You may want the person you care for to be present or you may prefer to be seen separately. You may want to assessment to take place in your home or somewhere else of you choosing. We can arrange for alternative care for the person you are looking after while you are involved in your assessment.

You can bring a friend, relative or someone else you know to the assessment to help you tell us about your needs.

Before You Start

You do not have to fill in the spaces if you don't want to, that's fine. However, reading it through may help you to think about what you want to tell us.

Is there anything you think we need to know about your relationship with the person you care for? Do you have any communication difficulties, for example are you hearing impaired or need a translator because English is not your first language? Or is there anything else that you want to tell us about?

1. How do you provide support and assistance to the person you care for?

Think about the things you do as a Carer. The help you provide could include: accompanying the person you care for when they go out; bathing; cooking; dressing; eating and drinking; going to the toilet; help with medication; help with Direct payments; housework; interpreting; keeping the person you care for company; payment of bills/management of finances; shopping; social events; supervising the person you care for and general help with mobility.

There are many other tasks not listed here. Please think about what else you do as a carer and how often you do it.

2. Does anyone else help to provide support and assistance? How often do you receive this help?

| Think about the people who help ~~you~~, you, for example friends, family or neighbours, District Nurses, Meals on Wheels staff and domestic help.

3. What other commitments and/or responsibilities do you have now or may have in the future which might affect your ability to continue caring?

| Think about any family responsibilities, such as looking after children, and work you do and any social activities you would like to continue or take up. Remember, alternative care may be available for the person you care for. We can discuss this at your assessment.

4. Think about yourself. Is there anything you do at the moment, not relating to caring, that you want to continue to do?

| This could include time off for [yourself; yourself](#); leisure/learning activities; relaxation courses; planned breaks or support groups. Remember, alternative care may be available for the person you care for. We can discuss this at your assessment.

5. Is there anything you wish to learn which you feel would help you to care?

You may want training to help you with your caring role such as Moving and Handling, First Aid or medication management or there may be something particular to you that will help. Remember, alternative care may be available for the person you care for. We can discuss this at your assessment.

6. If you work or wish to return to work, is there any support you need?

This could include financial advice (including the impact on your benefits), alternative care for the person you care for, training, confidence building, voluntary work or work experience, or information about your legal rights at work.

7. Do you have any physical or emotional problems that affect your caring role?

Do you:

- find caring physically demanding?
- feel under stress?
- worry about the future?
- have time to look after yourself?
- have time to keep doctor's or hospital appointments?
- know about any health problems, such as an operation or stay in hospital, which will affect your caring role?

8. Do you have enough information to help you care?

For example:

- the illness/disability/condition of the person you care for?
- Benefits for you or the person you care for?
- Your legal rights as a Carer at work?

9. Would you like the chance to get involved in developing and improving services for carers?

This can include completing questionnaires, telephone interviews, attending meetings, being part of a group, readers panels, or taking part in interviewing staff.

10. Is there anything else you feel is important?

Advice and Information

If you require any further advice and information about the Carers Assessment please contact:

Social Services Direct
Progress House
Clifton Road
Blackpool, FY1 4US
Tel 01253 477592
E-mail: social.servicesdirect@blackpool.gov.uk

Blackpool Carers Centre
Norman House
Robson Way
Blackpool, FY3 7PP
Tel 01253 393748
E-Mail: carla@blackpoolcarers.org

Comments, compliments and complaints

Blackpool Adult Services aims to provide a high quality service. To support us in delivering this aim we would like you to tell us what you think of our services. We are always interested in your comments and happy to receive compliments, but if you are unhappy with the services you receive you have the right to complain.

Most complaints can be sorted out by the staff you know, but if you are uncomfortable about talking to them or they are unable to help, please contact the Customer Care Manager, The Stadium, Seaside's Way, Blackpool FY1 6JY. Tel: 477477, or e-mail social.services@blackpool.gov.uk.

To ensure our services are accessible to all, documents prepared by Blackpool Council are available in large print, Braille, on audio-cassette or on computer disc upon request. We can also provide help for British Sign Language users and provide information in other languages. Please ask for details or telephone 477477.