Preparing for a Carers Assessment

It is a good idea to think about how your caring role impacts on your life; your physical and mental health but also the impact on your relationships with friends and members of the family and whether you are becoming isolated and/or feeling your confidence is taking a knock. Consider also whether your caring role gives you concern about working or taking part in training, education or volunteering. The assessment will aim to understand what is important to you, encourage you to recognise your own strengths and skills and explore opportunities available to you in the community.

On a good day when everything is running smoothly you may not remember how you are affected on a more difficult day. In winter you may not think about situations which happen mainly in the summer such as going to outdoor activities and vice versa. It is a good idea to keep a journal for a couple of weeks so you can remember and take a more considered view of what support you could benefit from. It might be helpful to talk things through with family, friends and/or other carers as they may be able to suggest some useful support you would benefit from which you hadn't thought of or was even unaware existed.

<u>You may find that if you keep a journal for a week or two it will help you take note of things to mention at your Carers Assessment.</u>

The Carer's Assessment

A Social Worker from Southend Borough Council will arrange a time to visit you and discuss the impact your caring role is having on you. The areas covered are;

- Your physical health,
- Your mental health.
- Taking time out.
- Work
- Education/Learning
- Finances i.e. do you want advice on benefits

The social worker will also discuss with you whether you want to continue to be a carer. Ask for an opportunity to speak to the social worker on your own even if you are having a joint assessment with the person you care for.

You may not be a superhero but take up the support available and you can achieve great things.

How to get a Carer's Assessment

You are entitled to a Carers Assessment even if the person you care for does not receive social care but to properly assess your situation the council will need to know some details of the person you care for to understand the level of care you are providing. To have your carers assessment provided by Southend Borough Council, the person you care for must live within the borough of Southend-on-Sea even if you do not live within the borough yourself. Southend Carers can make a referral for you to access a carers assessment or you can refer yourself by phone or email the contact details are;

Call Southend Borough Council 01702 215 008 option 1

E-mail accessteam@southend.gov.uk

Give the name, address and date of birth of the person you care for so your details can be matched up. If Southend Borough Council do not currently have information on the person you care for you will need to fill out social care assessment information for the person you care for so that the access team understand the level of care you are providing. If you, the carer and the person you care for both want an assessment you can have them take place together or separately either way you should have an opportunity to talk to the social worker on your own.

Southend Carers
29 - 31 Alexandra Street
Southend on Sea
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Registered charity 1093240

Our mission is to make life easier and fairer to Carers in Southend and our expert information and advice is always tailored to the Carers individual and personal caring circumstances.

Carers Helpline: 01702 393933
www.southendcarers.co.uk

Southend Carers

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Carers Assessment – support for you to care

Giving unpaid care and support to someone with an illness or disability is a challenge but it can also be a fulfilling experience so long as you realistically consider your own health and wellbeing and receive the support you need.

Whether you are a child or an adult, caring for someone on your own or sharing care with other family members/friends and whether you are living with the person you care for or care from a distance, you are entitled to a carers assessment. Everyone's situation is unique and a Carers Assessment gives you the opportunity to consider your caring role with someone from the social care team to look at the impact the care you provide is having on other aspects of your life and to take control of the situation. A support plan may be put in place following a carers assessment which could for example help you to keep active, have time for family and friends, relieve stress and help you stay in work alongside caring if that is what you hope to achieve or to maybe learn a new skill while you are staying at home full time.

As a result of a Carer's Assessment you could be awarded a carers budget; an amount of money to help support you while you are providing necessary care (see Carers Budget factsheet). A carers assessment does not include a financial assessment.