

Carers assessment

What is a carer?

If you look after a spouse or partner, parent, brother or sister, adult son or daughter, other relative or friend who is ill or disabled and who would not be able to live in the community without your help then you are a carer. Carers can be from any section of the community and from any culture.

What is a carers assessment?

A carer assessment can find out what help you as a carer might need to help you in your caring role.

Who will carry out my carers assessment?

You can choose to have a social worker or a worker from your local carers service. Our social workers or carers workers will usually come to your home or a mutually convenient place to do your carers assessment.

Does the person I care for need to be present?

No. The assessment can take place with or without the person you care for being present.

What information might they ask in my assessment?

- What sort of help do you provide?
- Do other relatives or friends help you care?
- If you are able to take a break from caring
- If you or the person you care for receives any other sort of help
- What other responsibilities, as well as caring you have? For example work commitments or other caring responsibilities
- If caring affects your health
- What the problems are that you have as a carer
- What extra support would improve your quality of life?

What should I think about before my assessment?

- Can you leave the person you care for?
- Are you worried about having to give up work?
- Are you able to take part in activities outside your home or in your community?
- How does caring affect your work or studies, other commitments or activities?

Where can I get support?

If you would like your carers assessment with a carers worker, you can contact Carers Lancashire, which offers independent information and support. You can contact them by calling: 0345 688 7113.

To request a carers assessment from a social worker, contact the Customer Service Centre on: 0300 123 6720

If you think you are a carer and would like to access support, please get in touch by telephoning Carers Lancashire on 0345 688 7113 or email carers.feedback@lancashire.gov.uk.

For more information about our services visit: www.lancashire.gov.uk/carers

To request information in other formats contact: **01772 534285**.