

Help to identify support for carers

Carers Assessment



Essential guidance for Carers in Southend-on-Sea

This factsheet guides a carer to consider the impact of caring on their own health and wellbeing and identify areas of support .

More information can be found in the E-Handbook: A Guide for Carers in Southend which can be accessed on our website www.southendcarers.co.uk.

You can also call us on 01702 393933 or email info@southendcarers.co.uk

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

Useful information

A carers assessment is available to a person over 18 caring for another adult over 18 who is disabled, ill or elderly. It is separate from the care needs assessment of the person you care for but you can ask the local authority to complete both assessments at the same time, a 'combined assessment'. An assessment which involves more than one department eg. adult social care and housing is called a joint assessment.

The Care Act invites all unpaid carers **aged 18+** to consider whether providing essential care for **another adult** is having a significant impact on their own wellbeing. A carers assessment is an opportunity to focus on the carers physical, mental and emotional needs, and whether you are able or willing to carry on caring.

Southend Carers support

All carers in the borough of Southend are asked to register with Southend Carers and access the advice, emotional and practical support available through this service. Southend Carers and other community support services may be able to meet all the carers needs or provide essential support while unmet eligible needs are referred to the local authority.

A carers assessment should be appropriate and proportionate to your needs and circumstances and give the carer the opportunity to participate effectively, have their thoughts and wishes listened to and addressed.

Identifying areas of support

If you know the support you require please contact Southend Carers to discuss how this can be met. Please mention any emergencies or deadlines. The following questions can help identify issues effecting you and talking these through with a professional and/or family and friends can help find solutions to any challenges.

1. Do you look after/have responsibility for any other adults?
2. Do you look after any children?
3. Do you feel you are stressed or depressed due to your caring role?
4. Do you get enough sleep?
5. Do you have your own health conditions? Are these made worse by your caring role?
6. Does your caring role make it difficult to prepare adequate meals for yourself or your family?
7. Do you have enough time for your own housework?
8. Does your caring role make it difficult to keep in touch with people who are important to you?
9. Does your caring role make it difficult for you to get out into the community?
10. Does your caring role make it difficult to do leisure, cultural or spiritual activities?
11. Do you currently or would you like to take part in employment, volunteering or training?
12. Are there financial difficulties due to the caring role? Do you or the person you care for receive any financial support/benefits?
13. Do you have concerns about your caring role and planning ahead?
14. What is working well ? What activities do you enjoy? (Community, family /friends, professional support)