

## Carers Assessments

We have put this document together to help you prepare for your forthcoming Carers Assessment. It is always helpful for both you and the social practitioner assessing you, if you have considered your caring role and the impact it has on your life and relationships, and also what help and information you need to make your caring role easier.

Please let us know before your assessment if there is anything you would like us to do to make communication easier for you.

During your assessment a social care practitioner will ask you what kind of support the person you care for needs, whether you're able to provide it and what might improve your situation. You can talk to them about financial worries, your own health, practical help you might need in the home and any concerns about future needs. They'll explain some of the different support options available and help you to access them so that you can carry on caring with adequate support.

We may be able to help you with:

- Advice and information
- Emergency planning
- Financial support and advice
- Introduction to support groups
- Advice on obtaining respite care
- Signposting to voluntary and health services

Please read the carers checklist on the following page and consider how each of the sections relates to your caring role.

You can go onto our website for more information [http://www.richmond.gov.uk/carers\\_assessments](http://www.richmond.gov.uk/carers_assessments) or if you have any questions prior to your assessment please contact the person that has arranged it with you, their contact details will be on the letter enclosed with this checklist.

## Carers Checklist

These are just some questions to help you think about your caring role and how we can help.

### Health and Well-Being

- Do you have any physical or mental health problems that are being affected by your caring role?
- Are you getting enough sleep?
- Are you stressed, anxious, depressed?

### Amount of Support

- How many hours a week do you provide care?
- Do you provide support both day and night?
- Does anyone else help (paid or unpaid)? If so, what do they do?

Include all the time you spend with the person you care for, the tasks you do for them and how long they take you. Do you have to help with –

- Housework
- Shopping
- Laundry
- Bathing / Dressing
- Toileting
- Cooking
- Moving and Handling
- Other personal care
- Ensuring they don't come to any harm
- Dealing with finances
- Medication
- Keeping them company
- Accompanying them to the shops
- Taking them for medical visits

### Having A Break

- Would you like more time to yourself so that you can have a rest or enjoy some leisure activity?

- When was the last time you had a whole day to yourself to do as you pleased?

## Work and Learning

- If you are in paid work, does being a carer present problems?
- Are you struggling to combine work and caring?
- Have you had to reduce your hours of work?
- Would you like to return to work?
- If you are not in paid work would you like to do some training, voluntary work or paid work?

## Housing / Accommodation

- Does the person you care for have difficulty moving about in the home? For example, can they climb the stairs or bathe on their own?
- Would aids or adaptations to your home make it easier for you and the person you look after?

## Relationships

- Does being a carer affect your relationships with other people, including family and friends?
- If you are a parent, is caring making this role harder? Do you feel you have time for your children?

## Safety / Risk

- Is there any risk that you will not be able to continue as a carer without support?
- Do you need help in planning what happens if you suddenly become ill or have an emergency?
- Do you know who to contact in an emergency?
- Do you ever feel physically or emotionally at risk in your caring role?

## What help and support do you need?

- Do you feel you don't have a choice about providing care?
- Do you want to continue in your caring role?
- What would you most like to change about your current circumstances?
- Would you like to change the way your current help is provided?
- Would you like some time to yourself?
- Would you like to learn more about how to improve the caring role such as training with aspects such as moving and handling, coping with people with dementia, medications, long-term conditions?
- Would you like an opportunity to meet with other carers who are in a similar position?
- Do you need assistance with financial issues?