

# How We Can Help You

## ADVICE & INFORMATION

- Carers Advice Line - call to get specialist advice and information - **0114 272 8362**
- Drop-in Sessions - you can drop in to the centre on Wednesday mornings to chat to an advisor
- Specialist Advice - find out about employment rights, benefits and wills, power of attorney, trusts, and community care for free
- Information Library - information about caring and your role, available on our website

## COMMUNITY & SUPPORT

- Carer's Needs Assessments - looks at how your caring role impacts your life, and what support you might need
- Personalised support based on your needs including:
  - Time for a Break service
  - One-to-one counselling
  - Support Packages
- In Safe Hands - plan for emergencies or make a contingency for when you are unable to care
- Facebook - you can join the discussion online with our private Facebook groups. Friend the user 'Julia Carers' and ask to join
- Carers Cafés - meet other carers once a month for tea and cake (details on our website)
- Newsletter - every few months we send out our newsletter full of news and information
- Carers Groups - meetings in your community with other carers. Contact [jan@sheffieldcarers.org.uk](mailto:jan@sheffieldcarers.org.uk)

### How can I find out more?

If you would like to access any of these services, call our Carer Advice Line on **0114 272 8362** or email your query to: [support@sheffieldcarers.org.uk](mailto:support@sheffieldcarers.org.uk)

You can also visit our website: [www.sheffieldcarers.org.uk/services](http://www.sheffieldcarers.org.uk/services)

# Carer's Needs Assessments

## **What is a Carer's Needs Assessment?**

This process provides an opportunity to discuss the support or services you might need to help you in your caring role. It looks at how caring affects your life physically, emotionally and practically, and at whether you are able or willing to continue caring.

Our Carer Advisor will discuss with you any support you may receive already and consider with you how other approaches or activities might help you. They will also be able to advise, for example, about benefits you may be entitled to and will support you in accessing specialised help where appropriate.

A carer's needs assessment is **not** about assessing how well you are carrying out your caring role, it is only about supporting you as a carer.

## **Who can have an assessment?**

People aged 18 and over who provide unpaid care for an adult relative or friend in Sheffield can request an assessment from the Centre.

## **How are assessments carried out?**

Sheffield Carers Centre is responsible for carrying out carer's needs assessments on behalf of Sheffield City Council. You will therefore speak to one of the Carer Advisors at the Carers Centre when you go through the process of being assessed.

Because the Carers Centre team is carrying out assessments on behalf of the Council, in some circumstances, details of your assessment may be forwarded to the Council and recorded on their database. This will mainly be the case if the person you care for is receiving support from the Adult Social Care (within the Council). We will discuss this with you when you start the process.

## **How can I find out more?**

If you would like to discuss this or ask for a Carer's Needs Assessment, call our Carer Advice Line on **0114 272 8362** or email your query to: [support@sheffieldcarers.org.uk](mailto:support@sheffieldcarers.org.uk)

You can also visit our website: [www.sheffieldcarers.org.uk/carers-needs-assessments](http://www.sheffieldcarers.org.uk/carers-needs-assessments)