

What is a Carer's Assessment?

This factsheet explains what happens when you have a carer's assessment. This usually happens over the phone or face-to-face at the Carers Centre.

- It's a conversation with one of our trained and experienced Care Advisors
- We will have this kind of conversation with you if you need support because of the impact that being a carer is having on your life
- The conversation looks at 10 areas where we know caring can have an impact:
 1. **Your physical health**
 2. **Your emotional wellbeing**
 3. **Your social wellbeing – how much you're able to keep in contact with friends, other family members, participate in activities, hobbies etc**
 4. **Any other caring roles you have as well as your main one**
 5. **Employment/Education/Training – whether there's anything in these areas that you'd like to do but aren't able to because of your caring responsibilities**
 6. **Your finances, including benefits**
 7. **Accommodation and how you're managing at home**
 8. **Information/Advocacy/Advice**
 9. **Breaks from caring/time for yourself**
 10. **The future and sustainability of your caring role**
- The detail of the conversation would depend on your individual situation
- The discussion would look at how being a carer affects you in each of the areas and whether you need any support in that area
- The conversation will focus on what you would find helpful and the Carer Advisor will talk to you about services and support available
- The overall aim of the conversation is to check that you know about all the support available to you and how to access it, whether that is support offered by the Carers Centre or by other organisations
- There may be follow-up actions that you, the Carer Advisor or others need to take as a result of the conversation to help your situation. These will be agreed and progress reviewed as needed
- As part of the process, the Carer Advisor will discuss whether your situation means you are eligible to apply for a 'Time For A Break' Grant.