

What is a Carer's Assessment?

If you are 18 or over and look after, or intend to look after, an adult who could not manage without your support, you are an unpaid carer, even if you receive Carers Allowance. You have a right to a Carers Assessment.

This is a conversation with an Adult Social Care Worker which looks at the impact that providing care for someone else has on your own life. It is an opportunity to think about what might support you while you are a carer. The council uses the Assessment to enable you to find the support you need, and also to decide what help it could provide to support you.

The Assessment will not assume that you want to continue providing care. It can be carried out even if the person you look after does not want an assessment of their own needs for care and support. If you have already had a Carers Assessment but your caring situation has changed, you can ask for a review.

Parent carers

Please note that if you are caring for a disabled child (under 18) this factsheet does not apply to you. Your needs as a carer will be considered as part of your child's needs assessment by the Disabled Children's Team (01934 427 669).

Young Carers

If you are under 18 and providing care you are a 'young carer'. For help and advice contact the Young Carers Support Team at Carers Support Alliance on 03000 120 120 (choose option 3). [Young Carers Support Team - Alliance Homes](#)

How do I get an Assessment?

During Covid-19 all assessments are conducted by phone for health and safety.

Contact Care Connect on 01275 888 801 to request a Carers Assessment. You will then be contacted by an Adult Social Care Worker from the SPA team (Single Point of Access) to discuss your situation. We will try to resolve your issues at first contact but will arrange to contact you again if need be.

We advise having your Assessment without the person you care for being present. This allows you greater privacy to talk openly about aspects of caring you may find difficult.

Preparing for your Assessment

Here are some things you may want to think about when preparing for your Carers Assessment:

- How is your health affected by your caring role?
- Do you get enough sleep?
- Do you get time for yourself?



- Are your other family and friendship relationships affected?
- Are you finding it difficult to juggle work and caring?
- What support might help you –having a break from caring, emotional support, activities for the person you care for?
- Would equipment or adaptations to your home make life easier for you and the person you look after?

Eligibility Criteria

If your assessment shows needs which meet the carers' eligibility criteria then you will be eligible for support from the council to meet these. The criteria are:

1. Are your needs the result of you providing necessary care for an adult?
2. EITHER
 - a) Does your caring role have an impact on your physical or mental health? OR
 - b) As a result of your caring role are you unable to achieve any of the following?
 - Carrying out any caring responsibilities the carer has for a child
 - Providing care to other persons for whom the carer provides care
 - Maintaining a habitable home environment in the carer's home
 - Managing and maintaining nutrition
 - Developing and maintaining family or other personal relationships
 - Engaging in work, training, education or volunteering
 - Making use of necessary facilities or services in the local community, including recreational facilities or services
 - Engaging in recreational activities
3. Is there consequently a significant impact on your wellbeing?

What happens when an Assessment has been completed?

If you meet the eligibility criteria we will put together a support plan with you showing how your needs will be met. Needs can be met in a variety of ways. For example, if you are juggling work and caring you may be offered support to have a conversation with your employer about how to balance this; if your health is affected we may help with a short break or assessing the cared-for person if replacement care is needed.

Once other options have been explored, if there is a cost to meeting your needs you can request a Carer's Direct Payment. This is money that the council gives you to meet the cost of meeting your needs as a carer. It can only be spent on what is agreed with us in your support plan to meet your needs. It cannot be spent on services for the person you look after.

Charging for carer support

North Somerset Council does not charge carers for support delivered to them following their Carer's Assessment. However, if the person you look after receives any services through the council to meet their support needs or to give you a break, e.g. respite care,



they will be financially assessed to see whether they are liable to contribute towards the cost of this.

What happens to information collected and recorded?

The Carers Assessment is a document that belongs to both the carer and the council. Information gathered is held by the council and in accordance with the General Data Protection Regulation (GDPR). Information will not be shared with other professionals without your consent unless we are required by law to do so, or there are exceptional circumstances such as your safety or the safety of others.

More information about Carers Assessments

The following websites contain further information about Carers Assessments:

[Carers Trust advice on Carers Assessments](#)

[Carers UK advice on Carers Assessments](#)

Further information for carers:

- [Carers Support Alliance \(North Somerset's carer support service\)](#)
- [Carers UK](#)
- [Carers Trust](#)

This publication is available in large print, Braille or audio formats on request. Help is also available for people who require council information in languages other than English. Call Public Information on **01275 884 022**

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