

Introduction to a Carer's assessment

If you are 18 years of age or older and you provide care for another person who is also over 18, you are entitled to a carer's assessment. A carer's assessment looks at your needs and the support you may be entitled to.

You will be entitled to an assessment regardless of the amount or type of care you provide, your financial means or your level of need for support. A carer's assessment is free and will usually be carried out by your local council social services department. In some cases, your local carers centre may carry out an initial assessment.

The NHS defines a carer as: 'anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.'

Young carers and carers of children under 18 have different assessments. See our information sheets on this under 'navigating the system'.

A carer's assessment may result in receiving support such as:

- respite
- financial advice and support
- training to support your caring role e.g., manual handling
- signposting to services

What happens during the assessment?

The assessment will usually look at the effect your caring role has on factors, such as:

- your physical and mental health
- employment
- free time
- relationships

The assessment is usually face to face but may be done over the phone or online - if you have a preference state this. You will usually hear back about the outcome of the assessment within a week. If you are eligible for help, the council will put together a support plan with you that sets out the help you are entitled to.



If you do not qualify for help your council should give you free advice about where you can get help from. If you do not agree with the outcome of your carer's assessment or how it was conducted, you can complain. This should be done through your local council's formal complaints procedure.

Our top tips for a carer's assessment:

- Be open and honest about your caring role and responsibilities and how these affect your life. If the assessor does not know then you may not be able to get the right level of support.
- Give as much detail as you can about the impact that caring for someone is having on your life. It may help to make notes before the appointment of points you wish to raise.
- It might help to keep a diary leading up to your assessment about the care that you are providing.
- Before the assessment, think about the answers to questions such as 'Is there anything that could make your life easier?' 'If you were to continue without support is there a risk that you might not be able to continue your caring role' 'Does being a carer affect your relationships with other people, including the person you are caring for?' 'What level of care am I providing- is this substantial and regular?' Make a note of your answers and take these with you to the assessment.
- Take someone with you to the assessment, this might be a relative, friend or an advocacy service.

