

Having a carer's assessment

Under the Care Act 2014, a carer is an individual who provides or intends to provide care for another adult. If you are a carer and you appear to have any level of needs for support, you are entitled to a carer's assessment.

Having a carer's assessment is not linked in any way to carer's allowance.

You can choose to have a:

- Combined assessment where you will be assessed at the same time as the person you care for by a social care practitioner working for the local authority.
- A carer's assessment on your own, carried out by a commissioned carers organisation where you can share with someone what impact caring has on you and your life.

When you have a face to face assessment, the assessor will explore with you:

- all the difficulties you are facing (including your own health)
- the ways you currently manage these challenges (i.e. : is the person you are caring for getting enough help? Is your housing arrangement satisfactory?)
- what you would like to be able to achieve
- your potential future needs for support
- whether you are willing to care for the person with care needs and if you are, what are the circumstances where may be you are or would be unable to do so?

You may want to prepare for the assessment by thinking about the above.

This might seem like a lot of work but it is important to think about every aspect of your life to make sure that you get the right level of support. By sharing the difficulties you have, we can ensure you are given the right advice, information or support.

Here is a check list of the areas you and the assessor will explore: (there is no hierarchy, they are all as important as one another). You may decide that some of these areas are more relevant than others and that some do not apply to you, you do not have to go into detail if the topic is not relevant as the list just tries to capture what matters most to people in general:

- caring responsibilities you may have for a child in addition to your caring role for an adult or adults
- caring responsibilities for other people in addition to your caring role for the adult with care and support needs.

- Your ability to :
 - maintain a habitable home environment
 - manage and maintain nutrition for yourself and/or the person you care for
 - develop and maintain family or other significant personal relationships
 - to engage in work, training, education, or volunteering
 - make use of the necessary facilities or services in your local community
 - engage in recreational activities.

At the end of the assessment, the assessor will apply the national carer's eligibility criteria to determine whether you have eligible needs.

A carer's needs are only eligible where they meet all three of the following conditions:

1. The **needs arise as a consequence of providing necessary care** for an adult
2. Whether the carer's physical or mental health is either deteriorating or is at risk of doing so, **or whether the carer is unable to achieve any of a list of specified outcomes** (see the list above)
3. As a consequence of that fact, **there is, or there is likely to be, a significant impact on the carer's wellbeing.**

If we have determined you have needs but they are not eligible, you will be given information and advice on:

- what can be done to meet or reduce the needs or
- what preventative measures might be taken to prevent or delay the development of needs you have.

If you do have eligible needs, you will discuss with the assessor a wide range of options to meet those needs. This could include:

- Access to a support group
- Free training from carers organisation to help you continue caring
- A sum of money for you to access a universal service in the community or a piece of equipment to meet your needs
- Increasing the care package of the cared for to help you have some time for yourself
- Help with making sure you are claiming all the benefits you are entitled to

If you would like more information, please see www.kent.gov.uk/careandsupport