



Sunderland Carers Centre Guide To: Carer's Assessments

Many carers find it easier to continue in their caring role if they gain information, advice, guidance and support. An option that is available to all adult carers aged 18 or over, caring for an adult is to have a Carers Assessment. Sunderland Carers Centre undertakes Carers Assessments on behalf of Sunderland Local Authority

What is a Carer's Assessment?

A carer's assessment is your opportunity to discuss how being a carer affects your life. You can discuss any changes you might like to make and how you can be supported to achieve these. A Carer Assessment is not an assessment of your capabilities as a carer, though importantly you will be asked within the assessment if you are willing and able to continue to provide care. The assessment can be carried out with the assessor via telephone or face to face. If you would prefer, you can also complete the form yourself and send it back to us. The form is available online by [clicking here](#).

Who can have a Carers Assessment?

We currently carry out carers assessments for adults aged 18 or over who are caring for another adult aged 18 years or older.

If you are providing care to someone you are entitled to an assessment regardless of the amount or type of care you provide, your financial means or your level of need for support. You don't have to live with the person you care for or be caring full-time to have an assessment. You may be juggling work or looking after your children etc, and this may be having a big impact on your life.

You can have an assessment regardless of whether the person you care for has had an adult needs assessment or if the local authority has decided that they are not eligible for support.

If you and the person you are looking after agree, a combined assessment of both your needs can be undertaken at the same time but this would need to be completed by the Local Authority.

If you share caring responsibilities with other family members, you can each have your own Carers Assessments if you wish.

How do I get a Carers Assessment?

Sunderland Carers Centre undertakes Carers Assessments on behalf of the Local Authority. If you would like a Carers Assessments please contact us: Tel 0191 5493768, email contactus@sunderlandcarers.co.uk or use our quick contact section of our website at www.sunderlandcarers.co.uk

From contacting us, a member of our team will guide you through the process and take some initial contact details from you and make an appointment. The assessor will then undertake your Carers Assessment. All information provided will be entered onto Sunderland Local Authorities central data base.

What will the Carers Assessment cover?

The Carers Assessment will give you the opportunity to discuss your caring role as well as providing information and advice to support you in your caring role. The assessment will also look at anyone else

that may be affected by the caring role. This will include identifying any young carers and what support they might need.

Your assessment will cover areas such as:

- your caring role and how it affects your life and wellbeing
- your health – physical, mental and emotional issues
- your feelings and choices about caring
- work, study, training, leisure
- relationships, social activities and your goals
- planning for emergencies

Following the assessment, the assessor will use the information that you have discussed to see if you meet the national eligibility criteria and what the law (Care Act 2014) describes as eligible needs.

What happens after a Carers Assessment?

You will receive a copy of your assessment and if appropriate, a support plan. This will provide details of the outcomes you have identified and how they are going to be met. Your needs may be met by providing information, advice and guidance or signposting to local community services. You may be allocated a personal budget if you meet the eligibility criteria and your eligible needs cannot be met by other services.