Carer's Assessments



What is a carer's assessment?

This is a talk with a professional about how being a carer affects your life and what support you need to carry on caring for someone.

Am I a carer?



A carer can be any age and is someone who helps a friend or family member who cannot manage alone.

You are not paid for giving this help and it can be for a few hours or more each day. People need help because of age, illness, or other problems.

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How is a carer's assessment carried out?



The assessment can be done on your own, with a family member or with an advocate who is someone who helps you tell us how you feel.

We can do the assessment on the phone, or we can visit you.



You can do a Carer's Assessment online.



To be a carer, your role must affect your health now or later.

We ask personal questions so that we can give you the right help and advice. Our privacy notice says how we will use your information and keep it safe.

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What happens after a carer's assessment?



If you are eligible, we write a plan with you. The plan shows what help you need, who will help, and your goals.



If you are not eligible, we will still give you information about other support.



We will talk to you again in about 12 months to check if your plan is working well.

You can come back to us at any time if things change.

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How will a carer's assessment help?



It lets you talk about your caring role and how it affects you.

It helps you feel less alone.



You will find out what support there is for you. This could be help with housework, a break, or support for your wellbeing, like exercise classes or social activities.

You can get advice about benefits and local support groups.

Will I have to pay?



No, a carer's assessment is free, and any service set up to help you as a carer will also be free.

If the person you care for gets services, we will check if they need to pay.

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