



A Guide To Carers Assessments

About Brent Carers

We are an independent charity with over 4,000 carers currently registered with us. We provide information, advice and support to carers across Brent.

We are the voice for carers in the Borough speaking on their behalf about the issues that are important to them.

We aim to raise awareness of the rights and needs of carers in Brent - working in partnership with other local organisations to make sure that carers receive the support they require. Our services include:

- Advice and advocacy to support carers on issues such as benefits and dealing with social services.
- An information pack and regular newsletter to keep carers fully informed on what is happening.
- Financial assistance to help carers take a break.
- Carers support groups.
- Social activity groups.
- Massage and relaxation.
- Emergency Planning.



A Helping Hand for people supporting their disabled, frail or ill relatives and friends in Brent.



- Respite cover for carers to have a life of their own.
- Personal budgets.
- Liason with local health and social care to develop new ways of working.
- Support planning

Who is a Carer?

A carer spends a significant proportion of their life providing (unpaid)* support to family or potentially friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

** Carers in receipt of Carers Allowance are seen as unpaid carers*

The term 'carer' may be unfamiliar to you and it may seem strange to be described as one. We use the term 'carer' to describe anyone who looks after someone or feels responsible for someone who cannot manage at home without some support. This may be because of illness, disability, mental health needs or learning difficulties. People who care do so because they want to help the people they care about, but often it means they end up juggling the support they give with other responsibilities, in a difficult balancing act.

A carer's assessment is an opportunity for you to express your feelings and needs as a carer. The aim is to find out what impact your caring responsibilities have on your



life and look at what information, advice and support may be available to help you maintain your caring role. This support can help you to continue with your caring responsibilities, maintain your own health and well-being or help you when you can no longer care. It is not about judging your ability and the way in which you carry out your caring role.

Your Rights as a Carer

As a carer you have the right to have your views taken into account when the person you care for is being assessed.

If you provide a “substantial” amount of care on a regular basis you are also entitled to have a separate assessment of your needs. You can ask for your own assessment at any time, even if the person you care for does not want an assessment or services.

Your assessment can be completed on your own, with a friend or family member, an advocate, or with someone from Brent Carers.

If the person you care for has mental health needs, it may be more appropriate if assessments & services are provided by the Community Mental Health Teams (CMHT) through the Care Programme Approach.

Carers (Recognition and Services Act) 1995

This Act gives you the right to a separate assessment of your needs if you are providing, or intend to provide, a substantial amount of care on a regular basis.

Usually the person you care for will be having, or have had; an assessment of their needs under the 1990 NHS & Community Care Act and ideally this is the best way of helping you both. The services provided to the person you care for will often help to support you by providing some of the care you have been giving.



For more information on carers assessments call us on 020 8795 6240





Carers (Equal Opportunities) Act 2004

This Act poses a duty on Councils to inform carers of their rights to an assessment of their needs, and ensures that consideration is given to whether the carer wishes to work, undertake leisure or training activities.

Work and Families Act (2006)

This gives carers a right to request flexible working if they have had 26 continuous weeks employment on the date they make the request. When should I ask for an assessment?

Deciding whether or not to have a carer's assessment is entirely up to

you. Some people find it helpful to have an assessment before things become too much, others will only feel like they need an assessment when things hit crisis point. You can have the carer's assessment on your own, with or without the person you care for being present or ask a friend or advocate to be present to support you.

You do not have to have an assessment of your needs as a carer.

If you choose not to have an assessment, it does not stop the person you care for receiving services if they are eligible.

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What will I be asked?

The aim of a carers assessment is to see how you are managing in your caring role, and explore how any support now, or in the future,

may assist you. It is also a time where information and advice can be provided. The questions you are asked will be centred around this, and will look to explore what outcomes you may want to achieve, to ensure that your needs are looked at, and that your caring role is therefore sustainable. It may be that as a result you are linked into a support network with other carers in a similar situation, or you may receive a personal budget to assist you in achieving your stated outcomes.

A carers assessment is also a good opportunity for you to sit with someone to discuss the future and what contingency / emergency plans you may have or want to make.



What will happen after the assessment?

After your assessment, Brent Adult Social Care will make a decision about whether any of the outcomes you have identified need to be provided by what level of support you may need and will advise you of this outcome.

What are the costs?

You will not be charged for having a carers assessment completed, this is your right as a carer and time spent with a social worker is not charged. The social worker may refer you to services within the community for assistance, and most of these are voluntary or community organisations that do not charge for their services.

Tel: 020 8795 6240

Web: www.brentcarerscentre.org.uk

Address: Brent Carers Centre, 116 Chaplin Road, Wembley, HA0 4UZ

