

So what's the benefit of a Carer's Assessment?

Getting a Carer's Assessment is one way of taking stock and thinking about your own future needs and aspirations. Whether you decide to ask for a formal Carer's Assessment (takes place as a conversation) – it's useful to ask yourself some key questions that enable you to recognise where you are and what needs to change.

What STOPS carers accessing the Carer's Assessment?

- The Carers Assessment was about prying into the Carer's finances
- The Carer will be assessed and judged as to 'how good a carer they are'?
- Loss of independence and control of their own life
- Not to add to the burden of social workers because they are already busy
- Not sure if they've already had a Carer's Assessment when being assessed by a social worker previously for something else
- Is there a point in having a Carers Assessment if social care can't deliver?
- Not understanding what a Carer's Assessment is – is it similar to a Community Care Assessment?

Sarah and Alan's Story



“Sarah’s husband Alan was diagnosed with Motor Neurone Disease in his early 40’s after some initial speech problems. They have no children and Sarah gave up work early to look after Alan and she rarely takes a break from caring. Sarah felt that there was no need because she and Alan had always been close. Sarah felt that Alan and herself only had a short time together anyway. So from the offset, Sarah felt very strongly that she wanted to look after Alan.

As Alan’s illness progressed, the couple became quite isolated. Sarah realised that she had to face the future and seek further support. They had a long chat, and Alan wanted Sarah to have a good social life independently, recognising that he wasn’t going to be around for long. Although Sarah found this discussion upsetting, she soon realised that Alan was right.

Sarah, Alan and his sister got together to discuss plans. They needed additional equipment, adaptations to keep Alan as mobile as possible. So an Occupational Therapist became involved. Alan’s mother did the washing every week. Alan’s sister looked into additional financial support while Sarah decided to contact the MND Association for additional support. In addition, Sarah contacted her own local Carers Organisation who arranged for a Carer’s Assessment to be carried out.

As a result, Alan went to the day centre and Sarah started to build her social life outside her home and role of Carer.”

Carer's Assessment:

If you haven't already asked about a Carer's Assessment from your Carers Organisation, then the following questions may just equip you a bit more to get the balance between life and caring.

The aim of the Carers Assessment is to examine all aspects of your caring role to see what services you and the person you care for need. If the person you care for refuses help, you can still get services such as cleaning and washing to **HELP YOU!**

The Carer's Assessment can assist in pin pointing areas where you could improve the balance between caring and other things in your life.

These are some of the things you might be asked:

- Are you getting enough sleep?
- Have you had to reduce your hours of work?
- Do you want to pursue any leisure activities?
- Do you have help during the day/night or both?
- When was the last time you had a day to yourself?
- What would you most like to change about the situation?
- Is caring affecting your relationships?



Here's Sam's experience of a

"I was sceptical beforehand but the Carer's Assessment was very helpful. I thought we'd be talking about things like handrails and stair lifts. I didn't expect to be asked about what I'd like to be able to do. It made me feel better that someone official thought I was entitled to a life.

The Carers Organisation Support Worker suggested doing the assessment with me on my own, in the kitchen without my mother being there. That was good, because I could say things about how difficult it is sometimes that I couldn't have said in front of her".