

getting a break



Direct Payments

Once you have had an assessment Social Services may be able to give you money to buy the services you need.



Useful contacts for carers

- Social Services ☎ 398 4702
- Carers Leeds ☎ 246 8338 – for support and advice [www.carersleeds.org.uk](http://www.carersleeds.org.uk)
- Alzheimer's ☎ 231 1727 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- Carers UK – for advice [www.carersonline.org.uk](http://www.carersonline.org.uk)
  - Leeds ☎ 258 5579
  - National Helpline ☎ 0808 808 7777
- NHS Direct 0845 4647 – for medical advice
- Emergency Duty Social Services (out of hours) and Carers Helpline ☎ 269 6198



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assessments for carers



Carers Assessment Reply Slip

Please enter your details below and return to:

**Bridget Maguire, Leeds Social Services, Merrion House,  
110 Merrion Centre, Leeds LS2 8QB**

I am helping to look after someone with a long-term illness or disability and I would like a Carers Assessment. Their name is:-

.....

This person is an adult/child *(please delete as appropriate)*

Name .....

Address .....

.....

..... Postcode .....

Tel .....

There are 2 other leaflets in this series:

**A quick guide to Services for Carers**

**Getting a Break**

These leaflets are available in large print, Braille and on audiotape as well as in the following languages:

*Bengali, Cantonese, Punjabi and Urdu.*

There is also a directory available about services for carers in Leeds : *'Choices for Carers'.*

To get copies of any of the above, please telephone ☎ 224 3991

**Do you help to look after a friend, relative or neighbour at home?**

**You can get an assessment of what you need to help you support the person you care for**



**Social Services  
Department**

**Look Inside**

[www.leeds.gov.uk](http://www.leeds.gov.uk)

If you give substantial and regular support to someone in their home, you are entitled to have an assessment of your own needs so that you can get services to help you provide the support you give. By law, you are now entitled to an assessment even if the person you care for doesn't want or need services themselves.

## What is an assessment?

It is simply the way professional workers from Health or Social Care organisations find out what your caring situation is, and what would help you to provide the help and support or personal care you are giving your relative, partner, friend or neighbour.

## Why bother having an assessment?

An assessment could help you in many ways, for example it could help you to get:

- ▶ the opportunity for your voice to be heard in any decisions the person you care for may make about getting services in the future.
- ▶ advice about benefits and managing your finances.
- ▶ caring services to help share the caring.
- ▶ services to give you a break from caring.
- ▶ help with any health problems you may have.
- ▶ equipment or adaptations in the home of the person you care for to make caring for them physically easier for you.
- ▶ information and advice.
- ▶ contact with other carers in similar positions to yourself.
- ▶ help to find information about the condition and treatment of the health condition of the person you are helping.
- ▶ someone to talk to about your situation.
- ▶ information about what might be available in the future if you required help.

# assessments for carers

## How to get an Assessment

- ▶ If the person you care for is not getting any services but you would like an assessment of your needs, then Call Social Services via the **Telephone Centre ☎ 398 4702** and ask for a Carer's Assessment. The person you speak to will pass on your details to the right team. Or use the coupon on the next page of this leaflet.
- ▶ If the person you are looking after already attends a Social Services or a Mental Health facility they will have a care plan of their own which may be due for review in which case you could ask for a Carer's Assessment at that point. But you do not have to wait – you can ask now by phoning the Telephone Centre or contacting a Carers Development Worker.
- ▶ If the person you care for is receiving a specialist mental health service then they will have a 'Care Programme Approach' coordinator. This might be a nurse or a social worker. The CPA coordinator will either do a carers assessment for you themselves or arrange for it to be done.
- ▶ If Social Services carry out an assessment of the person you care for, you will be asked if you would like to have a carer's assessment. You can have your assessment in the presence of the person you care for or on your own. If when you are offered a carer's assessment and you don't want to think about it at the time, you can request an assessment later. You should be given a card to return to the department when you feel the time is right for you to have an assessment.



## What happens afterwards?

Nothing happens unless you want it to.

- ▶ If there are some issues or problem which you identify as a result of talking to the social worker or carer's worker then a plan will be drawn up to show what needs to be done and by whom. It might not all be done by Health or Social Services. You will have a copy of the plan.
- ▶ There may be services, information, equipment or facilities that would help make it easier for you to continue caring and Social Services will try to get these for you. They will either provide the service, arrange for another organisation to provide it, or give you the money to buy the service yourself (Direct Payments). Your Social Worker or Carer's Development Worker will sort this out for you.
- ▶ The position of Young Carers is particularly difficult and there are special services available to support them and help them reach their potential as young people.

Contact **The Willows Project ☎ 240 8368** for more information.



**If you'd like to have a Carers Assessment, send us your details on the short form overleaf.**

