

CARING IN LEEDS

getting a break

Direct Payments

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

Data Protection and confidentiality of information

We collect information under the principles of the 1998 Data protection Act and hold information about you in confidence, on computer. If we need to share information about you with others this will be so that the support to you is effective. It will not be shared for any other reason. You have a right to see information we hold about you at any stage, and we will share information only with your permission.



Please enter your details below and return to:

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

I am helping to look after someone with disability or healthcare needs. Their name is:

.....

Date of birth.....

I would like a carers assessment.

My name is.....

Address.....

.....

..... Postcode.....

Tel..... Date of birth.....

Email.....

Carers Assessment Reply Slip

Useful contacts for carers

- **Social Care** ☎ 0113 222 4401 (adults) 0113 222 4403 (children)
- **Carers Leeds** ☎ 0113 246 8338 – for support and advice www.carersleeds.org.uk
- **Alzheimer's** ☎ 0113 231 1727 www.alzheimers.org.uk
- **Carers UK** – for advice www.carersonline.org.uk
• **National Helpline** ☎ 0808 808 7777
- **NHS Direct** ☎ 0845 4647 – for medical advice
- **Emergency Duty Social Care Services** (out of hours)
☎ 0113 240 9536



CARING IN LEEDS

assessments for carers

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



www.leeds.gov.uk/caringinleeds

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
☎ 0113 227 8629

CARING IN LEEDS

assessments for carers

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 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 continue providing 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.
- ▶ 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.
- ▶ Services for the person you care for to make it easier for you to continue working.
- ▶ Help to think about and plan what would happen if an emergency situation meant you could not care for your loved one.

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 Leeds Social Care via the **Telephone Centre ☎ 0113 222 4401** (carers of adults) **☎ 0113 222 4403** (carers of children) 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 an Adult Social Care 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 Adult Social Care 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 Adult Social Care when you feel the time is right for you to have an assessment.

Work, education & leisure

- ▶ The carers' assessment will take into account your wishes to combine work or training with your caring role, and your needs for leisure opportunities.

What happens after the assessment?

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 Adult Social Care. 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 Adult Social Care 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 ☎ 0113 240 8368** for more information.