

Preparing For My Carer's Assessment

A confidential form to help you prepare for your carer's assessment.



Contact details for your local carer's centre:

About this form

This form is designed to be a straightforward way to help you think about **your own** needs before you have your carer's assessment.

Thinking about your needs and wishes before the assessment will:

- give you things to talk about
- help you explain your needs better to the person doing the assessment
- make the assessment more detailed and more accurate

It might help to fill it in with someone that knows you well, and who cares about you.

Workers at your local Carer's Project will also be happy to help you prepare for your assessment. The address of your own local carers project should be on the front of this form.

The form has 4 Sections:

- **My Activities** – thinking about what you used to do, what you do now, and what you'd like to do in the future
- **My Citizenship** – thinking about whether you have the power to exercise your full rights as a citizen
- **My Typical Day** – thinking about how you spend your time
- **Overall** – a space to think about what's working and not working in your life overall, and about how to keep what's working, and change what's not working

The form is your private property. You do not have to show it to anybody if you do not wish to. Fill in as much or as little as you find useful.

There is more information about carer's assessments at the back of this document.

My Activities

Things I used to do that I don't do any more	Things that I do now	Things I'd like to do in the future	What support do I need with this?
LEISURE			
EMPLOYMENT			
LEARNING AND SKILLS			

My Activities - continued

Things I used to do that I don't do any more	Things that I do now	Things I'd like to do in the future	What support do I need with this?
FAMILY AND FRIENDS			
STAYING HEALTHY			
ANTHYING ELSE ...			

My Citizenship

Self Determination

Do you feel you are able to make decisions for yourself, that you are listened to and that you can change things you want to change?

Not at all	Rarely	Sometimes	Quite Often	All the time

What might improve this?

Direction

Do you feel able to decide what you want to do, have a sense of purpose, and plan and make positive changes in your life?

Not at all	Rarely	Sometimes	Quite Often	All the time

What might improve this?

Money

How much information have you had about money that might be available to support you as a carer and how you could use it?

No Information	Very little Information	Adequate Information	Excellent Information	Too Much Information

What might improve this?

Home

Do you feel you have control over which people come into your home to provide support, and when they come?

No Control at all	Rarely	Sometimes	Quite Often	Full Control

What might improve this?

Support

Do you have enough support you need to do the things you want, or need, to do?

No Support at all	Very Little Support	Adequate Support	Excellent Support	Too Much Support

What might improve this?

Community Life

How much time do you get to enjoy social and leisure activities, and to be part of the community?

No Time at all	Rarely	Sometimes	Quite Often	All the Time

What might improve this?

My Typical Weekday

	What I do	How does this usually make you feel?
... IN THE MORNING		
For me		
For the person I care for		
For Others		
... IN THE AFTERNOON		
For me		
For the person I care for		
For Others		
... IN THE EVENING		
For me		
For the person I care for		
For Others		
... DURING THE NIGHT		
For me		
For the person I care for		
For Others		

My Typical Weekend Day

	What I do	How does this usually make you feel?
... IN THE MORNING		
For me		
For the person I care for		
For Others		
... IN THE AFTERNOON		
For me		
For the person I care for		
For Others		
... IN THE EVENING		
For me		
For the person I care for		
For Others		
... DURING THE NIGHT		
For me		
For the person I care for		
For Others		

Overall

What's working well in my life now? What must continue?	What's not working well in my life now? What needs to change?

What do I need to do to keep what's working well, or to change what's not working?

What support will I need to do it? (Think about support from family, friends and services)

What do I need to find out more about? (Things I can ask the social worker at the assessment, talk to the carer's centre about or find out in other ways)

Useful Information

What is a Carer?

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

A carer does not necessarily have to live in the same house, or be related to the person they look after.

A carer often provides a range of support which may include personal care, such as washing and dressing, practical care, such as helping someone to eat, helping with medication, or emotional support, such as providing company.

Carers have a valuable role in helping people to manage at home, and carers also need help and support themselves. Carers are legally entitled to receive an assessment to identify what support might be required.

What is a Carer's Assessment?

A carer's assessment is your assessment, about you.

It is your legal entitlement to ask for a Carer's Assessment.

The needs of the person you care for should be thought about in a separate assessment.

A Carer's Assessment is your chance to discuss the way caring affects you and the impact it has on all aspects of your life.

You are entitled to a carers assessment if you care for someone, or are going to care for someone, who has a long term illness, a disability, a substance misuse problem or a mental health issue, You can have a Carer's assessment even if the person you care for has refused an assessment, or if they have been assessed but have then refused services, or has been found not eligible for services.

The assessment will include discussions about:

- The support provided by the carer
- The needs of the carer
- Available services for carers

What kind of Services are Carers Entitled To?

Services often provided to carers include services designed to give carers a break, these include short term breaks (known as respite), day care, home care, residential care and other practical home support.

A number of Carer's projects operate across Lancashire which provide emotional support and information for carers.

Carers are invited to join carer's groups to ensure their needs are taken into account when services are developed, and as a source of mutual support and information.

Other options include an Adult Education Carers Project which provides carers with the opportunity to relax and learn new skills away from the person they care for, and training in moving and handling techniques.

More information on Carer's Assessments is available from Lancashire County Council:
<http://www.lancashire.gov.uk/social-services/carers/assessment>

Acknowledgements:

This form was developed with the help of:

- Preston Carer's Centre
- West Lancashire Carer's Centre
- Central Lancashire PCP Facilitator's Learning Set
- West Lancashire PCP Task Group
- Preston PCP Task Group
- Chorley and South Ribble PCP Task Group
- Members of NHS Central Lancashire's Community Learning Disability Team
- Burnley Pendle and Rossendale CVS
- Individual carers
- Lancashire County Council

The headings in the 'Citizenship' section are based on 'Keys to Citizenship' (2006) by Simon Duffy.

Other sections are adapted from tools developed by the Learning Community for Person Centered Practices: <http://www.elpnet.net>

This form will also be available from www.csrpcp.net

Feedback – How useful was this form?

We want this form to be as useful as possible in helping carers prepare for a carers' assessment.

Your suggestions about how this form could be improved will be really useful to us, and greatly appreciated.

Please send any suggestions to:

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Central Lancashire Primary Care Trust
Jubilee House
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Or email max.neill@centrallancashire.nhs.uk

Comments on the Carer's Assessment Preparation Form:

Thank you for your feedback.