

# Carers Assessment: Self-assessment guidance

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**Last updated: June 2021**

## **What is a carers assessment of need?**

Under the Care Act 2014 you are entitled to have a carer's assessment to understand the physical, emotional and practical impact that caring has on your life. Assessing your needs is a free and confidential service, you can apply to have one through York Carers Centre or you can follow this guidance to complete your own self assessment using the form on our website [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

## **Filling in the self-assessment form**

To help you to complete the assessment form yourself, you may wish to consider the following when completing each section of the form.

### **NHS and ID numbers**

It is helpful if you know the NHS numbers and City of York Council ID numbers for yourself and the person/s you care for but if you do not please leave blank.

### **About the person you care for**

It is helpful to give a brief outline of the illness or disability and how it affects the person you care for.

### **Supporting the person you care for**

It might be useful to keep a diary of a typical week to help you think about the amount of time you spend and what you do in your caring role.

### **Does the person you care for receive support from others**

For example: agency care workers, family, friends, children or young people, neighbours.

### **If you care for a second person**

It is helpful to give a brief outline of the illness or disability and how it affects the person you care for.

### **Supporting the second person you care for**

Again, it may be helpful to keep a diary of a typical week to help you consider the amount of time and in what areas of their life this person needs your help and why.

**Does the second person you care for receive support from others?** For example: agency care workers, family, friends, children or young people, neighbours.

## My health

When considering the effect that your caring role may have on your own health, please remember to include details relating to any pre existing health condition which may be affected by your caring role as well as any problems you may be experiencing because of the care you provide.

For example:

- you may suffer from an arthritic condition and doing extra laundry or cleaning exacerbates your condition
- or, you may suffer from mild depression and the worry of leaving the person you care for alone makes coping with this condition harder
- or, you feel you are becoming stressed and feel under pressure because of the expectations of others – other relatives, the person/people you care for, other work responsibilities.

## About Me

### 1. Do you have any caring responsibilities for a child (as a parent, grandparent or other)?

It is useful to consider whether or not you are always able to carry out your caring role or whether sometimes other things change which make it more difficult or impossible for you, for example:

- normally you only have responsibility for a grandchild at weekends but the parents work plans fluctuate and mean that sometimes you have to help out during the week too
- or, when your children are at school you can manage to carry out your other caring role(s) but it is very difficult during the school holidays
- or, when the children are sick.

### 2. Do you provide care for another person/other people?

Do you have responsibilities for a third person or more? Do they live with you? What is your level of responsibility and does it fluctuate at all?

### 3. Are you able to keep your home in a satisfactory condition?

How do you feel about your home? Are you able to keep it as you would like it to be? Are there certain tasks that cause you a problem or some difficulty? For example:

- because of your caring role you are too exhausted to do the cleaning and tidying for yourself
- or, perhaps the person you care for needs a lot of help with their laundry and drying it quickly means you have to have washing drying around your house most of the time which causes you or the rest of your family stress.

### 4. Are you able to manage and maintain your own diet?

Things to consider:

- How often do you have a meal interrupted because of care needs and then end up snacking on less healthy food?
- You shop healthily but then you find you don't have the time to cook the food and end up throwing it away.

- You often have to resort to ready meals rather than cooking to save time.
- You feel tired all the time and end up eating high sugar content foods for a quick boost.
- You would like to eat more healthily but some advice on how to maintain a healthy diet in an easy stress free way would be helpful.

### **5. Are you able to develop and maintain family or other significant personal relationships?**

As a carer it is important that you do not become isolated because of your caring role. It is vital that you maintain relationships with friends and family as well as being able to develop new friendships. Are you able to make time to see or speak with friends, neighbours, work colleagues or members of your family etc. as often as you would like? Are you able to join in social events as much as you would like?

### **6. Are you able to take part in work, training education or volunteering?**

When you are caring for someone else it is easy to put them first in your life without following up your own wishes to be able to work, learn something new, or be able to volunteer some of your skills to help others. It is important that you think about what you would like to do which would benefit yourself too.

Or maybe you used to work and have given up because you felt you had no choice? What effect has this had on your personal financial situation and how you feel about yourself?

### **7. Are you able to make use of necessary facilities or services in your local community?**

These necessary facilities may be things like – the dentist, the library, your GP or hospital, local shops or shopping centres etc.

### **8. Are you able to take part in leisure activities?**

This could mean considering whether you have had to give up any interests or hobbies you may have had. Or it could be that you would like to start a hobby or interest but feel that you cannot.

Are you able to visit your local gym, go to the cinema, or join in other activities that bring you enjoyment or help you to relax.

When was the last time that you had a holiday or a break with others or on your own?

Does your caring role prevent **you** from doing any of these things? How?

Would you be able to do more of this type of activity if someone could help for a few hours a week, or there was someone the person you care for could contact in an emergency in your absence?

Is pre-planning a leisure activity difficult because of waiting lists for other care arrangements to be in place?

### **9. Please tell us about any financial difficulties you are experiencing as a result of your caring role**

Have you experienced any loss of income, incurred additional expenses or had any other financial restraints placed on you as a direct consequence of your caring role?(please give details).

**10. Please tell us about any other way your caring role has an effect on you. What changes would most improve your wellbeing and quality of life?**

**What kind of support or information would help you in your caring role?**

There may be some aspects of your life as a carer that you may think has not been fully covered earlier in the assessment form so please add here any other information you would like to share with us.

Also, think about what past or present friends, work colleagues and family could possibly help to improve your informal support network. The person you care for may also have previous friendships or interests that could be rekindled and add extra support which would help your situation.

This is your opportunity to discuss anything from informal support or simple information, to more formal support arrangements so please feel free to raise anything you may consider could be of assistance to you.

### **My safety**

Things to consider:

- Is the person you care for at risk of falling or tripping when you are assisting them e.g. getting into a bath?
- If they forget to take their medication could this affect their behaviour towards you? Do they suffer from mood swings that change the way they react in various situations?
- Is the person at risk of tripping or falling or causing themselves harm in any other way?

If you have answered yes to any of these, would you like help with some more coping strategies to deal with these concerns?

**Are you willing and able to continue providing help and support to the person you are for?**

If you have answered yes to this, how often would you like your situation to be reviewed?

How much care do you feel able to continue providing?

If you are not sure, what is it that is causing you concern?

If the answer is no, what is it that has made you feel you cannot continue?

If you had more support do you think you would perhaps be able to continue?

Sometimes just thinking about all of these things can be useful in itself. It can also be overwhelming, so do please give yourself the time to look after yourself. You can always complete it in stages, or speak to someone about how it makes you feel.

#### **York Carers Centre**

(01904) 715 490

[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)

[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

#### **City of York Council**

(01904) 555 111

[adult.socialsupport@york.gov.uk](mailto:adult.socialsupport@york.gov.uk)

[www.york.gov.uk/carers](http://www.york.gov.uk/carers)