

# Carers Assessment of Need

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## What is a carers assessment of need?

A carers assessment is a discussion with you to find out about your caring situation. The assessment will look at how your caring role may impact on various aspects of your life and your own wellbeing, and consider what support you may need.

## How do I ask for a carers assessment of need?

- By completing the York Carers Centre registration form, including pages 5 and 6.
- By contacting York Carers Centre on 01904 715 490 or emailing [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)
- If the person you care for has a social worker, or other professional, they may request one on your behalf, or do this with you. This will always be with your knowledge.
- You can complete your own self assessment using the guidance and form available on York Carers Centre website [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

## Parent carers

If you are a parent carer, you can ask for a carers assessment by contacting your child's social worker or the Council's Multi Agency Safeguarding Hub on 01904 551 900 or emailing [mash@york.gov.uk](mailto:mash@york.gov.uk)

## Young carers

If you are a young carer (under 18 years), you can ask for a carers assessment by contacting either York Carers Centre or the Council's Multi Agency Safeguarding Hub.

## What happens next?

You will be contacted by Carer Support Worker from either York Carers Centre or City of York Council and appointments can be offered via telephone, video link, at home or in the community. The Carer Support Worker will talk to you about the assessment process and work with you on any identified needs. If the person you care for is having a social care assessment, your carers assessment may be done at the same time with the social worker you already know.

## Getting ready for your assessment of need

Before your assessment you may like to think about:

- What help and information might support you in your caring role.
- Is your physical or emotional health affected by your caring role?
- Do you find your relationships are affected?
- Do you have opportunities for breaks/ leisure time?
- Are you worried about how caring will affect your work, education or training?
- What network of support do you already have in your caring role? E.g., family, friends, support groups.
- What do you feel you need for the future?

## What help might be available?

The assessment will help to identify the support you might need which could include:

- Benefits advice and information on managing finances for both you and the person you care for, including benefit entitlements if you are considering giving up work.
- Respite care and information on how to take a break from caring.
- Help to achieve things in your life such as working, volunteering, leisure time and studying.
- Accessing health information that relates to the illness/condition and treatment for the person you care for, or yourself if your health is affecting your caring role.
- Information about equipment and/or adaptations.
- Help you to prepare for emergencies and plan for the future.
- Ways of increasing safety and security for the person you care for and yourself.
- Signposting to other organisations or services.
- Help you to meet your emotional needs.

### 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)