



Adults, Health and Social Care

# Carer's Needs Assessment



# Carer's needs assessment

## Who is a carer?

By 'carer' we mean someone providing care for a friend, relative or neighbour who would not be able to manage without this help because of age, illness or disability.

The carer must not be employed to provide this care and must not receive payment other than benefits.

If you are a carer providing, or intending to provide 'substantial and regular' support you are entitled to an assessment of your own needs.

## What is a Carer's Assessment?

Carers have the right to a Carer's Assessment under the Carers' (Recognition and Services) Act, 1995 and the Carers and Disabled Children Act 2000.

A Carer's Assessment looks at the needs of the carer, separately from the needs of the person they provide care for. It takes into account pressures on the carer created by the caring role. You may have been providing care for many years, or you may be new to it – either way a Carer's Assessment can help Social Services to arrange appropriate support to the person you provide care for. It may lead to an increase in the range or amount of services, which could in turn help you. If the person you care for refuses a community care assessment you are still entitled to a Carer's Assessment and services that will support you in your caring role.

## How do I find out more?

All the information you need for a Carer's Assessment is contained in this document, but the worker who is carrying out your assessment can explain the process in more detail.

## Who fills in the details?

You can complete sections 1 to 5 yourself or with help from a friend or family member, or with the person carrying out your assessment if you prefer. You will need to arrange a time to meet with a worker to complete section 6. Your local Social Services office can arrange this – addresses are at the end of this document.

You can ask not to be assessed by the same worker that assesses person you provide care for.

If you would like help with any of the questions, you can ask Calderdale Carers Project. This organisation is independent of Adults, Health and Social Care.

## What happens next?

Once the information has been completed you and the worker carrying out your assessment and any helper/advocate involved will need to sign section 8. The worker will then take the form back to the office, where they will take a copy to keep on file and return a copy to you.

## 1. About you (the carer)

Surname

Forename(s)

Current Address   
Postcode:

Telephone

Date of Birth  
dd/mm/yyyy

GP's name

Are there any children in the family? Yes  No

If YES, do they help with the caring? (e.g. physical tasks, emotional or practical support) Yes  No

## 2. About the person you provide care for

Surname

Forename(s)

Current Address   
Postcode:

Telephone

Date of Birth  
dd/mm/yyyy

GP's name

Relationship to you

How long have you been the main carer?

Do you provide care for more than one person? Yes  No

Do you live with the person you provide care for? Yes  No

If NO, do they live within 10 miles? Yes  No

How often do you visit them? Daily  A few times a week  Weekly  Less often

### 3. The support you provide

**Please tick any tasks that you do for the person you support:**

- |   |                          |                                  |                          |                           |                          |
|---|--------------------------|----------------------------------|--------------------------|---------------------------|--------------------------|
| Getting in and out of bed                 | <input type="checkbox"/> | Getting up and down stairs       | <input type="checkbox"/> | Laundry                   | <input type="checkbox"/> |
| Using the toilet/continence               | <input type="checkbox"/> | Going out                        | <input type="checkbox"/> | Washing                   | <input type="checkbox"/> |
| Dressing/undressing                       | <input type="checkbox"/> | Personal Safety                  | <input type="checkbox"/> | Medication                | <input type="checkbox"/> |
| Having a bath or shower                   | <input type="checkbox"/> | Lifting, handling or moving      | <input type="checkbox"/> | Advocating                | <input type="checkbox"/> |
| Dealing with forms, letters and services. | <input type="checkbox"/> | Dealing with difficult behaviour | <input type="checkbox"/> | Support at night          | <input type="checkbox"/> |
| Preparation of food/cooking               | <input type="checkbox"/> | Managing money                   | <input type="checkbox"/> | Support with appointments | <input type="checkbox"/> |
| Communication/interpretation              | <input type="checkbox"/> | Providing transport              | <input type="checkbox"/> | Housework/ shopping       | <input type="checkbox"/> |
| Emotional support and telephone support   | <input type="checkbox"/> | Dealing with crises              | <input type="checkbox"/> | Eating or drinking        | <input type="checkbox"/> |

Any other tasks:

**On average, how many hours each day do you spend doing these tasks?**

- Under 4 Hours     4-8 hours     8-12 hours     12-16 hours     Over 16 hours

**Please indicate on average how many hours support each day the person you care for gets from other people (e.g. family, friends, home care provider).**

- 0 hours     0-2 hours     2-4 hours     4-8 hours     Over 8 hours

## 4. Your needs

### 4a. Maintaining your own health and wellbeing

Being a carer can affect you physically and mentally; for example you may not get enough sleep or rest, your own health problems may become worse or new ones may have developed, you may feel under strain physically or emotionally and it may have had an effect on your relationship with the person you care for or other relatives.

**What effect does being a carer have on your health and wellbeing?**

None  Slight  Moderate  Great

Please add any other comments if you would like to:

### 4b. Getting enough sleep

Having someone else to care for can sometimes affect your sleep. You may have to provide care during the night, or you may have difficulty sleeping due to the stress of being a carer.

**Being a carer has an effect on my sleep:**

Never  Sometimes  Often  Always

Please add any other comments if you would like to:

### 4c. Home environment

Spending a lot of time caring can mean you don't have enough time to keep on top of other household tasks such as housework, laundry, shopping and gardening.

**The time I spend caring means I have difficulty keeping on top of household tasks:**

Never  Sometimes  Often  Always

Please add any other comments if you would like to:

#### 4d. Work and other commitments

Carers often have other responsibilities such as paid or voluntary work or training, or children to look after. This can take up a lot or a little of your time.

**Please tick the statement that most applies to your situation:**

I have a **full time** job or other **full time** commitments (training, child care etc) and **often** find it difficult to combine this with caring.

I have a **part time** job or other **part time** commitments and **often** find it difficult to combine this with caring.

I work or have other commitments and **sometimes** find it difficult to combine this with caring.

I need/would like to return to work but I feel that I can't due to my caring role.

I have no other commitments or no problems combining them with caring

Please add any other comments if you would like to:

#### 4e. Having a break

Having regular breaks from caring can give you chance to rest or do things, and this can help you feel less stressed and ready to carry on caring.

**Please tick the statement that most applies to your situation:**

I need to take time off from caring but there is **no-one** else willing, able or suitable to provide care whilst I'm away

I need to take time off from caring but there is **not always** someone else willing, able or suitable to provide care whilst I'm away

I am happy at present with my caring role and I can manage without any extra time off

Please add any other comments if you would like to:

#### 4f. Emotional support

A lot of carers feel the need for some emotional support. Some people get emotional support from friends and family, others get it by attending carers support groups or from online carers forums.

**As a carer, my needs for emotional support are:**

Well met

Partly met (I need a bit more emotional support)

Not met at all (I need a lot more emotional support)

Please add any other comments if you would like to:

#### 4g. Having a life of your own

Caring for someone can make it difficult to find time for hobbies, leisure and social activities or spiritual and cultural needs.

**As a carer, I feel I have time for a life of my own:**

Never / rarely  Sometimes  Often  Always

Please add any other comments if you would like to:

#### 4h. Information and communication

People who are new to caring often say that they find it difficult knowing where to find information. Carers getting support from other agencies can find liaising with them stressful at times.

**As a carer, getting information or liaising with services causes me stress or concern:**

Never / rarely  Sometimes  Often  Always

Please add any other comments if you would like to:

#### 4i. Managing money/affairs

Managing money, paying bills and dealing with the benefits agency on behalf of the person you care for can be difficult. You may have power of attorney, solicitors or trustees to deal with.

**My role as a carer means that I have difficulty managing money/affairs:**

Never / rarely  Sometimes  Often  Always

Please add any other comments if you would like to:

Would you like to be referred for a benefits check? Yes  No

#### 4j. The impact of caring on your life

Having someone to care for can affect people in different ways. The impact on your life will depend on how much caring you do and what else you have going on.

Please tick the statement that most applies to your situation:

My caring responsibilities only have a small impact on my daily life.

I experience **some** difficulty and stress in caring tasks, and there is **some** impact on my lifestyle.

My caring role has a **significant** impact on my lifestyle and has led to stress and/or health issues.

My caring role has a **very heavy** impact on my lifestyle. It **greatly** affects my health and wellbeing.

Please add any other comments if you would like to:

#### 4k. Personal disabilities and health problems affecting your day to day life

Having health problems or disabilities yourself can affect your daily life. If you have a health problem or disability, please tick the statement that applies to you

I have a **sensory impairment, learning disability, mental health or physical condition and the effect on my ability to carry out daily tasks is:**

None or slight

Some effect

Moderate

Great

Please add any other comments if you would like to:

#### 4l. Your view of the future as a Carer

Please tick the statement that most applies to you:

I am able to continue as at present.

I will need a lot more help quite soon.

I am unable to continue to provide care

I will be able to continue if more help is provided in the near future.

I cannot continue without immediate help.

I do not want to continue to provide care

Please add any other comments if you would like to:

#### 4m. Extra support needs

Would you like more information about the condition affecting the person you care for?

Yes  No

Would you like more information about Telecare services?

Yes  No

Do you carry out lifting, moving and handling tasks for the person you care for?

Yes  No

Would you like advice or training on this?

Yes  No

Is the behaviour of the person you care for difficult to cope with?

Yes  No

Would you like advice or training on this?

Yes  No

#### Please tick if you would like further details of Calderdale Carers Project services:

Newsletter  Carers Support Groups  Counselling

Looking after me courses  Activities for carers

### 5. How can we help?

Please tell us how we can support you to continue in your role as a carer:

Please tell us how you see your future caring role.

Are there any potential changes in the future which may affect your caring role?

Have you completed a Carers Emergency Back Up Plan? (A plan for emergency support if the carer is unavailable)

Yes  No

If YES, is it up to date?

Yes  No

If NO, would you like support in completing one?

Yes  No

## 6. What will happen next?

This section is for writing down next steps. Your Worker will discuss your options with you. We can offer advice, training, information, benefits checks, emergency back up plans and referral to Calderdale Carers Project.

## 7. Confidentiality

If a person is considered at risk any information given will be acted on immediately.

However, in all cases, it may help if we can tell other agencies, including the health services and voluntary agencies, some of the information you have given us.

May we pass on this information?

Yes

No

## 8. Signatures

Please sign here when you have answered all the questions:

Signed (Carer):

Date:

If someone helped you answer the questions, they should sign as well:

Signed (helper/  
advocate):

Date:

Signed  
(Assessor):

Date:

## Complaints

### If things go wrong please tell us

If you are unhappy with a service, or a decision made, please tell us first so that we can try to put things right. If problems cannot be sorted out by direct discussion with the person concerned, you can discuss them with that person's manager or a member of staff you trust.

### Complaints

If you are not happy with any social care service provided or arranged by the Council you can make a complaint.

For more details, or to make a complaint contact: The Complaints Manager on 01422 393882 or 393883.

## Contact us

### Adults, Health and Social Care:

1 Park Road, Halifax HX1 2TU

### Gateway to Care

0845 11 11 103

Email: [GatewaytoCare@calderdale.gov.uk](mailto:GatewaytoCare@calderdale.gov.uk)

### Emergency Duty Team

If you need to contact us out of normal office hours, in cases where urgent help is needed, call

0845 11 11 137

## Calderdale Carers Project

The Carers Project is there to support all adults who care in Calderdale, whether they are caring for an adult or child, friend or neighbour. The Project is independent of Adults, Health and Social Care.

### The Carers Project:

- Listens
- Provides a contact point for carers
- Gives advice and information and maintains an information library
- Facilitates regular support groups
- Supports carers to voice their needs
- Produces a regular newsletter
- Promotes more appropriate and better services for carers
- Raises awareness about carers issues
- Provides activities and arranges events for carers
- Provides an emergency back-up plan service
- Provides case workers to help carers access services
- Delivers regular Looking After Me courses for carers
- Facilitates the carers small grants scheme
- Undertakes involvement and consultations with carers

You can also ask to be put on the mailing list to receive regular information.

Calderdale Carers Project

Rimani House

Hall Street

Halifax

HX1 5BD

Telephone: 01422 369101

Email: [enquiries@calderdale-carers.co.uk](mailto:enquiries@calderdale-carers.co.uk)

Website: [www.calderdale-carers.co.uk](http://www.calderdale-carers.co.uk)

## **Carers Together for mental wellbeing - Calderdale Carers Support Service**

If you care for someone with a mental health problem, we may be able to help you.

The Carers Support Service has a team of experienced carer support workers working throughout Calderdale. We are a free and independent service and do not work for either the Council or the local health service. We do however work closely with these teams to gain a deeper insight and to help you to resolve any problems that may arise. We have a successful history of supporting carers and with people who experience mental health issues. We aim to provide an easily accessible source of practical help and support during times of greatest need.

We can help by:

- providing a 'listening ear' – we believe that giving you the opportunity to talk to someone about your caring responsibilities and the chance to express how you feel can be a huge relief. Particularly if you feel isolated and unable to get support from friends or family. Talking to someone who can empathise and understand can help make a stressful time easier to bear.
- Signposting you to clear and accurate information
- Giving you help, support and information
- Empowering carers to have a voice about services.
- Supporting your own mental wellbeing and developing strategies to cope and to promote your own independence and needs.

### **How to contact us**

If you wish to use the service, you can contact us yourself or ask the care co-ordinator (social worker or CPN) of the person you care for to refer you.

### **You can contact us at:**

Elmfield House  
50-52 Prescott street Halifax HX1 2QW  
Tel: 01422 383062

Beechwood Health Centre  
Keighley Road, Ovenden Halifax HX2 8AL  
Tel: 01422 355626

Hebden Bridge Health Centre  
Hangingroyd Lane, Hebden Bridge HX7 6AG  
Tel: 01422 264644

Alternatively please email [liza.brown@swyt.nhs.uk](mailto:liza.brown@swyt.nhs.uk) Or text **07843 631601**