



Adults, Health and Social Care

Carer's Needs Assessment

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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 care to an adult (18+) 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 Care Act 2014 and the Children and Families Act 2014.

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 you and 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.

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 meet with a worker to complete the Carers Support Plan. Gateway to Care, Calderdale Carers or Calderdale Mental Health Carers Support Service can do this – their contact details are at the end of this document.

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

If you would like help with any of the questions, you can ask Calderdale Carers or Calderdale Mental Health Carers Support Service. These organisations are independent of Adults, Health and Social Care.

What happens next?

Once the information has been completed you and any worker carrying out your assessment and any helper/advocate involved will need to sign section 7. 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, or if you complete it yourself you can post it back to Gateway to Care who will contact you to arrange for your Support Plan to be completed with you.

Do you provide care for more than one person?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>				
Do you live with the person you provide care for?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>				
If NO, do they live in Calderdale?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>				
How often do you visit them?	Daily	<input type="checkbox"/>	A few times a week	<input type="checkbox"/>	weekly	<input type="checkbox"/>	Less often	<input type="checkbox"/>

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 am in work, training or education and I find it difficult to combine this with caring.

I need/would like to care for another person but I can't.

I have children/grandchildren to look after but I can't due to my caring role

I need/would like to return to education, training or 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. Have 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 can 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 of 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. Feeding yourself

Sometimes carers are so busy caring that they don't have the time or energy to shop for food, cook or eat properly.

Please tick the statement that most applies to your situation:

Caring does not affect my eating

I sometimes don't cook or eat properly due to my caring role

I often don't cook or eat properly due to my caring role

Please add any other comments if you would like to:

4m. Family and Friends

Being a carer can sometimes mean you have less time or energy to spend with loved ones, friends and relatives, or to develop new friendships and relationships.

As a carer, I feel I have time for friendships and relationships:

Never/rarely Sometimes Often Always

Please add any other comments if you would like to:

4n. 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:

4o. 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

Would you like more information about training available for carers? Yes No

Please tick if you would like further details of Calderdale Carers Services:

Newsletter Carers Support Groups Counselling

Looking after me courses Activities for carers

5. Carers Emergency Back Up Plan

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. 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 health services and voluntary agencies, some of the information you have given us.

May we pass on this information?

Yes No

7. 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)

Dated:

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 it concerns, 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 392279

Contact us

Adults, Health and Social Care

1 Park Road, Halifax, HX1 2TU

Gateway to Care

01422 393000

Email: 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 01422 288000

Calderdale Carers

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

Calderdale Carers:

- 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
- Undertakes involvement and consultations with carers

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

Calderdale Carers
Rimani House
14-16 Hall Street
Halifax
HX1 5BD

Telephone: 01422 369101

Email: enquiries@calderdale-carers.co.uk

Website: www.calderdale-carers.co.uk

Calderdale Mental Health 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:

Email: Liza.Brown@makingspace.co.uk or call 07815493370 or

Marilynn.Ingram@makingspace.co.uk or call 07815493439 or

Sobia.Ghani@makingspace.co.uk or call 07815493442

CARE ACT GUIDANCE FOR CARERS - NOTES FOR STAFF

ALL CARERS:

Information and Advice

All carers are entitled to information and advice on services they can access to support them in their caring role and to promote their wellbeing.

Calderdale Carers

The main information, advice and support service for all carers is Calderdale Carers, Rimani House, 14-16 Hall Street, Halifax, HX1 5BD. Tel. 01422 369101
www.calderdale-carers.co.uk Email: enquiries@calderdale-carers.co.uk

Specialist Support

There is support for carers from specialist organisations such as:

- Making Space 07815 493370 liza.brown@makingspace.co.uk
- Calderdale Alzheimers 01422 352789 c&k.service@alzheimers.org.uk
- Parkinsons UK 0844 2253638 slickess@parkinsons.org.uk
- Stroke Association 01484 714147 calderdale@stroke.org.uk
- Young Carers Service 01422 261207 sue.walmsley@calderdale.gov.uk

Carers Offer Leaflet

Calderdale's new leaflet is to inform carers of services and benefits they can access:

- Carers Support Services (as above)
- Passport to Leisure Card
- Carers Discount on Council Tax
- Carers Allowance and Carers Premium

ELIGIBLE CARERS:

New National Eligibility for Carers

Carers now need to meet the new eligibility criteria to be entitled to receive a service or a direct payment as a carer. They meet it by answering yes to these 3 questions:

1. Are the carer's needs the result of providing *necessary* care?
2. Does their caring role have an effect on them?

Their caring role has an effect on them if their physical or mental health is at risk of getting worse, or they are unable to achieve at least one of the following outcomes:

- look after any children they have responsibilities for
- provide care to any other people
- maintain their home in a fit and proper state

- eat properly and maintain proper nutrition
- maintain and develop their relationships with family and friends
- take part in any education, training or volunteering you may wish to
- have time for social activities, hobbies etc

The carer will count as being unable to achieve any of the above outcomes where:

- they need assistance to achieve the outcome
- can achieve the outcome unaided but experience pain, distress or anxiety
- they can achieve the outcome unaided but doing so endangers, or may endanger your or another person's health and safety

3. Is there, or is there likely to be, a significant impact on the carer's well-being?

The definition of 'well-being' in the Care Act is very broad and includes things like personal dignity, control over your day to day life, participation in education, work or social activities, relationships with other people, having suitable accommodation, protection from abuse and neglect.

Services and Direct Payments for Carers

- If the carer meets the eligibility criteria, and they have needs that can't be met informally by family, friends or voluntary community services, they could be entitled to a service or direct payment.
- The sort of services carers may be entitled to could include a cleaning service or gardening service, or support with well-being such as massage sessions.
- A proposal to meet the carer's needs should be discussed with the carer and written on the Carers Support Plan.
- As this is a new way of working, for the first few months we will be holding a Carers Moderation Group to support staff with it. It will also help us keep track of what carers are asking for support with, and the spending on carers services and direct payments. Eventually we will be able to monitor this through CIS when it goes on the system in the future.
- If the support plan requests a Direct Payment or service for the carer, the Carers Needs Assessment and Carers Support Plan should be taken to the Carers Moderation Group which will be held fortnightly on Thursday afternoons 4.00-5.30pm starting on 9th April 2015.
- Please contact Dawn Collins, Carers Development Worker on x3966 or Dawn.Collins@Calderdale.gov.uk if you can't attend, with details of the support provided and the cost, so we can keep track of the total spend.

Carers Emergency Back Up Plans

- There are no changes to this system. Carers that need support in an emergency can be dealt with as before, ie. the Carers Back Up Plan on CIS can be put in place in an emergency to provide cover for up to 72 hours.

CARERS SUPPORT PLAN

1. About you (the carer)

Surname

Forename(s)

Telephone

Date of Birth

dd/mm/yyyy

CIS Number

2. About the person you provide care for

Surname

Forename(s)

Date of Birth

dd/mm/yyyy

CIS Number

3. What support are you eligible for?

The worker who is supporting you with this will be able to tell you what level of support you are eligible for:

- I am able to access carers support services like Calderdale Carers
- I may also be eligible for a service or direct payment

(please complete the next page to find out)

4. What support do you need as a carer?

- **Is there anything you need to do but can't due to your caring role?**
eg. I struggle to keep on top of my housework as I am always round at Mum's

- **What support do you need to do this?**
eg. someone to help me with the hoovering, ironing and cleaning windows

- **Is there anyone you could ask for support with this?**
eg. a family member, friend or neighbour

- **If not, how can we help you with this?**
eg. a direct payment to pay a cleaner for two hours a week

5. What will happen next?

- **Who will do what?** eg. the worker will arrange the direct payment, the carer will find a suitable cleaner

- **By when?** eg. the direct payment should be in place by the end of the month

- **When will it be reviewed?** eg. after six weeks and then annually

6. Signatures

Signed (Carer)..... Date.....

Signed (Worker)..... Date.....