

Fact sheet

Access team

September 2013

visit us @ www.telford.gov.uk

phone us on **01952 381280**

email us on access.team@telford.gov.uk

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Carer's Assessments

Are you a Carer?

A carer spends a lot of time providing unpaid support on a regular basis. This could be caring for a relative, partner or friend who is ill, frail, disabled or has a mental health condition or an addiction dependency.

What is a Carers Assessment?

Carers are entitled to an assessment in their own right when they provide regular support. Generally this assessment is completed at the same time as the person you are caring for is being assessed. The assessment can be completed on another occasion by a different support worker or by a support worker from the Carers Centre.

A carer's assessment provides you with the opportunity to establish what you do as a carer and reflect on what help would benefit you personally, physically and emotionally and improve your well being and quality of life. The assessment is free and does not take into account your financial situation.

Your carer assessment may identify that the person you care for may require more assistance which would trigger a further assessment of their needs.

What kind of help could Carer's receive?

A range of information and advice and support has been locally developed to help you take lifestyle choices and make decisions. Following the carer's assessment you may be able to receive the following practical and financial help:

- **Take a break:** We have a range of opportunities and services to give you a break in your own right from a few hours to several days. This could be taking advantage of a range of free recreational respite offered by Telford and Wrekin to compliment your health and well being.
- **Carers Direct Payment Award:** Following a carers assessment you may be able to apply for a one off yearly payment to help you take a break from your day to day caring role.
- **Short Term Break Grant:** This grant provides financial assistance currently £60 which can be used to have time away from your caring role or contribute towards membership fees, pampering sessions which provide the opportunity to unwind, pursue an interest or try something new.

To find out more contact the Access Team on **01952 381280** or speak to a support worker at the Carers Centre on **01952 240209**

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Will I have to pay?

As a result of a Carer's assessment you may have identified needs. Some services for carers are free. If you are require services to support the person you care for you may have to pay a contribution towards the cost through the Fairer Contributions Policy. This will be explained to you at the time the assessment is undertaken.

How do I receive a Carer's Assessment?

You can receive a carer's assessment in the following ways:

- Speak with someone at Carers Centre on **01952 240209** or visit **www.carerscontact.org.uk** or email **admin@carerscontact.org.uk**
- Speak to your Social Worker/Assessment Worker who assessed the needs of the person you care for or ask for an assessment by contacting the Access Team on **01952 381280** or visit **www.telford.gov.uk**.

You may find the following leaflets and support useful?

- Ask for a Do you look after someone leaflet. **www.telford.gov.uk** or speak to the Carers Contact Centre.
- Pick up a copy of the Adult Social Care Directory 2013/14 from Telford and Wrekin Council.
- Recreational respite opportunities for carers – to find out more contact Carers Contact Centre: **01952 240209**
- **Carers Workshops:** A range of workshops are available for carers to access. These include: Dementia, Well being, Moving and Handling and simple First Aid, Moving on Group: following bereavement, Health Eating Cookery Workshops. For further information and what is available contact Carers Centre: **01952 240209** to find out more.



Text relay



Telephone interpretation

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email us on **access.team@telford.gov.uk**

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