

# Preparing for a Carers Assessment.



## WHAT IS THE PURPOSE OF THE ASSESSMENT?

The assessment seeks to understand your caring role and how it may be impacting on your life. It focuses on your physical, mental and emotional wellbeing and helps to ascertain what could help to make your life easier.

## WHAT HAPPENS DURING THE ASSESSMENT?

It is a simple conversation, where you are encouraged to relax, and to share what you feel comfortable with sharing regarding your role. This is a chance to talk about your experience of being a carer and to know that you are valued for the help you provide.

The assessment is laid out as a series of questions, to help build a clear picture of your life whilst you care for someone.

Remember, you are in control of this assessment. You only share what you feel comfortable sharing, the assessor is there to support you throughout.

## WHAT WILL THE ASSESSOR ASK?

How are things different now you are a 'carer'?

What effect has your experience had on other areas of your life?

What has been the effect on your relative or friend (i.e. the person you care for)?

How is your relationship with your relative or friend different now?

What feelings and or emotions are you experiencing?

Has the experience changed the way you view yourself?

Has the way you view life changed (e.g. what you see as important)?

Have there been any positive benefits?

What have you learned since taking on a caring role?

How do you feel you have been able to help the person you care for?

What would be helpful in your life?

Do you need practical or financial support?

What, if any, emotional support do you need?

Where do you go to get the help you need?

## HOW LONG DOES IT TAKE?

The carers assessment usually takes about 45- 60 minutes to do and is usually done over the telephone unless that does not work for you.

## WHAT HAPPENS AFTER THE ASSESSMENT?

After the assessment is completed, we will contact you around a week later for a fifteen minute follow up to let you know the outcome of the assessment and provide you with a support plan. It is at this time we'll let you know if you have been awarded a small monthly wellbeing payment (this is paid to you by the council). This award ranges from £17-42 a month and does not affect any taxes or any other benefits you may receive.

We will also discuss your support plan. This has been created from the answers you gave during your assessment. The support plan includes thoughts and ideas that may help you in your role.

The assessor may ask your permission to share some of your relevant details with a third party, such as our parent partners, Citizens Advice Southampton or Southampton Voluntary Services, who may be able to help you in a more practical way.

You will receive your support plan in the post together with documentation relating to your wellbeing payment, if you have been awarded one. This needs to be signed and returned to us within 14 days.