

Carer Factsheet: Preparing for your Carer's Needs Assessment

Caring for someone is a big responsibility, and it's important to have the right support. If you're an unpaid carer, knowing what a Carer's Needs Assessment is and when to request one can really help.



What is a Carer's Needs Assessment?

A Carer's Needs Assessment is a way for your local council to understand your needs as an unpaid carer. It's an opportunity for you to talk about how your caring role affects your life and what support you might need to continue providing care. The assessment is about you and your wellbeing, not just the person you care for.

During the assessment, a social worker or another professional will talk to you about:

- **Yourself:** What's important to you and how caring impacts your life.
- **Your caring role:** Information about the person you care for and the tasks you do each day or week to care for someone.
- **Your wellbeing:** What you do, and what you would like to be doing, outside of your caring role.
- **Planning for the future:** What support could help you now and in case of emergencies.

Who can have a Carer's Needs Assessment?

Unpaid carers of any age can have an assessment, regardless of:

- The type or amount of care they provide.
- How much money they have
- The level of support they need.
- Whether they live with the person they care for or not



A Carer's Needs Assessment is not a judgement about how well you look after the person you are caring for; it's about you and your wellbeing.

When should I have an assessment?

All unpaid carers can ask for a Carer's Needs Assessment whenever they want. However, you should think about asking for one if:



You feel overwhelmed:

If the demands of caring are affecting your health or wellbeing.



You need more support:

Whether it's practical help, financial assistance, or emotional support.



You're balancing multiple responsibilities:

If you're juggling work, family, and caring duties, and it's becoming too much.



Your situation changes:

If there's a change in your circumstances or the needs of the person you care for, such as a new diagnosis or hospital discharge.



You want to plan for the future:

If you're considering long-term care options or want to explore how you can sustain your caring role.



Cyngor Sir
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Carers and Community Support

How do I ask for an assessment?

If you would like to have an assessment, contact Porth Gofal, Ceredigion County Council's Social Services Department. You can do this online or by phone.

Porth Gofal

☎ 01545 574000

💻 www.bit.ly/Carerenquiry

Getting ready for your assessment

Getting ready for your assessment can help you get the support you need.

During the assessment, you'll be asked to explain the kind of help you give. It might be helpful to keep a diary for a week or two before the assessment. In the diary, you can note how much time you spend with the person you care for, what tasks you do for them, and how long these tasks take.

Here are some more things to think about:

- Are you able, or willing to continue to care?
- Do you need help to continue working or to get into work, education or leisure opportunities?
- What kind of support do you need to care or continue caring?
- Which parts of caring do you find difficult or stressful?
- How would you like things to be different in the future?

The assessment will also give you a chance to talk about how caring for someone affects your life outside of your caring role and how you can be supported to do the things that are important to you.

What happens after the assessment?

After the assessment, the council will use the information you have given them to decide if you are eligible to receive services. This might include:



Practical help: Equipment or adaptations to make caring easier.



Emotional support: Access to counselling or support groups.



Respite care: Opportunities for you to take a break.



Financial assistance: Information about benefits or grants you might be entitled to.

You should be informed of the outcome of your Carer's Needs Assessment and given a copy of the assessment for your own records.

If you have had an assessment in the past and your circumstances have changed, you are entitled to ask for another one.

Can anyone help me?

If you need support to ask for an assessment or during the assessment, you can get help.



Gofalwyr Ceredigion Carers

Gofalwyr Ceredigion Carers can guide you through the process. Contact them for more information and other types of support:

☎ 03330 14 33 77

✉ ceredigion@credu.cymru

You can ask a friend, family member or advocate to be with you during your assessment.

To get more information about your rights and other support that is available for unpaid carers in Ceredigion, join the Carers Information Service:

☎ 01545 574200

✉ connecting@ceredigion.gov.uk

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