Your right to a carer's assessment

If you are over 18 and provide regular unpaid care for someone, you are entitled to a carer's assessment under the Care Act 2014.

The Act gives unpaid adult carers equal rights to those of the person they care for. This means that as a carer you have the right to an assessment of your needs, support to meet your eligible needs and to information and advice.

These rights apply regardless of how much care you provide, what sort of care it is and whatever the stage of your carer journey.

You are entitled to a carer's assessment even if the person you care for has not had their own needs formally assessed, although they can have a social care assessment at the same time as yours if you would like.



What is a carer's assessment for?

A carer's assessment is to discuss your needs as a carer. It is your chance to discuss the impact of your caring responsibilities on you and what could make life easier.

It is an opportunity to talk about how caring affects you physically, emotionally, practically and any other pressures it creates for you.



It covers what you would like to do in your life, such as hobbies or meeting friends, which you find difficult because of your caring role, and explore whether you are willing or able to carry on at your current level of caring.

It considers your support needs and whether you qualify for help from the council.

How do I get a carer's assessment?

Contact your local council's Social Service Care team to request a carer's assessment, even if the person you support is not looked after by them.

If you are a carer for your child with additional needs (a parent carer) contact your local Children's Services department.

What will my assessment be like?

It will be a conversation about you, your caring role and your needs, and an opportunity to discuss your options for support.

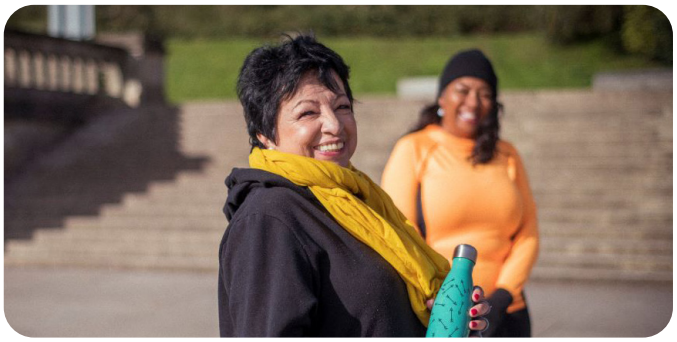
You can arrange your assessment at a time and place that suits you and it will last around an hour. Most assessments are in-person, but some councils offer online or phone options.

You can have someone with you if you prefer. If you decide to have the person you look after for with you, it might be helpful to consider whether you feel comfortable discussing any caring challenges with them present.

Before your assessment

It's a good idea to prepare for your assessment in advance. You could make notes on, for example:

- The different kinds of care you provide. This might be emotional support or practical help like cooking or managing finances, helping the person you look after to stay safe, helping them to wash or other personal care.
- Whether caring impacts your emotional wellbeing and if so, how?
- Whether it affects you physically, for example through lack of sleep or back ache.



- The things that are important to you. For example, are there things you do less of because you are a carer such as working, a hobby or seeing friends? What kind of support would help you achieve your goals?
- The support you have in place now and what you may need in the future.
- Any other responsibilities impacting you and your ability to provide care.

What happens after my assessment?

Based on your conversation, the local council will work out whether your needs are eligible for support.

If you are eligible, this support could either be for you directly, or for the person you care for if they have needs assessed as eligible.

If you are not eligible for support, you will still receive information on other organisations who could help as part of a carer's support plan.

If you feel your needs are still not being met or have changed, you can ask to be reassessed.

Young carers

If you are a young carer, you also have the right to an assessment.

Contact us for more information.

For more information

caringtogether.org/advice/carers-assessment

carersuk.org/help-and-advice/practical-support/getting-care-and-support/carers-assessment

disabilityrightsuk.org/assessment-process-carers-under-care-act

Useful contacts

Cambridgeshire County Council
Tel: 0345 045 5202

Peterborough City Council
Tel: 01733 747474

Carers Matter Norfolk
Tel: 0800 083 1148

For more information please contact us
0345 241 0954
hello@caringtogether.org
caringtogether.org

Caring Together Charity
No unpaid carer in crisis

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All information correct at time of printing but subject to change at any time.