

Preparing for your carer's assessment

What does the carer's assessment involve?

The assessment is a discussion between yourself and one of our Carer Support Workers. During the assessment we look at how your caring role affects your life. This includes your physical, mental and emotional needs. It is usually carried out over the telephone and takes about 20 minutes.

Unless you have asked to make alternative arrangements one of our Carer Support Workers will call you about one week after you receive this information pack. If it's inconvenient for you when we call we can arrange to call you again at a time more suitable for you. If you prefer to have a face to face assessment please make an appointment to come to our office.

We will ask your permission to share your completed assessment with Brighton & Hove Council. Sometimes the initial assessment shows that a carer needs a more in-depth further assessment. When this is the case we offer a referral for a further assessment by a Brighton & Hove Council Carer Assessment Worker.

The following areas are covered in the carer's assessment:

- your caring role
- your feelings about caring
- your health
- your work
- other family commitments
- what you enjoy doing to relax
- planning for emergencies
- if you're willing or able to carry on in your caring role

What should I tell you?

Please be honest when telling us about your caring role and how it affects your life.

Sometimes carers feel tempted to put on a brave face or understate their responsibilities or may be too optimistic.

It's best to be realistic about your situation, including the amount of care you're willing and able to provide.

Please turn the page to complete the checklist for preparing for your carer's assessment >

Checklist for preparing for your carer's assessment

Before your carer's assessment, please take some time to think about your caring role. It's important to be honest about the effect it has on your life.

This form is to help you think about your caring role. There is no need to return it to us.

- Do you have any physical or mental health problems, including stress or depression that make your caring role more difficult?
 - Do you want to continue in your caring role?
 - If you're prepared to continue, is there anything that could make your life easier?
 - Does caring make it difficult to manage and maintain your home?
 - Does caring mean you sometimes skip meals or don't maintain a healthy diet?
 - Without support, is there a risk that you might not be able to continue in your caring role?
 - Does being a carer affect your relationships with other people, including the person you're caring for as well as other family and friends?
 - Would you like more time to yourself so that you can sleep, take a break or enjoy some leisure activity? If so, what would you like to do?
 - Would you like to do some training, voluntary work or paid work? If so, what would you like to do?
-

If you would like a copy of your carer's assessment please tell the Carer Support Worker