



# Practical help - Carer's Assessment



## Regional Variations

We have used the term council or trust when referring to the bodies you can seek help and support from. Depending on where you live this will mean:

England and Wales – your local council, local authority or social services

Scotland – your local council, local authority or social work department

Northern Ireland – your Health and Social Services Trust

Carers are often tempted to think that they do not need an assessment when so much is already going on in the life of the person with PSP. But the law says that anyone who is providing – or intending to provide – a substantial amount of care on a regular basis can have a Carer's Assessment.

### What is it?

The aim of a Carer's Assessment is to find out more about your needs. It has nothing to do with the person you are caring for – it is about your needs, not theirs.

It is not just about hands-on caring either. If the person with PSP is affected by behavioural changes, for instance, you might have to invest a considerable amount of time

ensuring that they are safe. When you prepare for your assessment, consider the impact that caring has on you – such as your own health, relationships and work. And don't forget to mention the things that you can no longer do due to your caring role.

### **How do I get an assessment?**

Everyone in a caring role is entitled to a Carer's Assessment. This will be carried out by the local authority social services department in the area where the person you are caring for lives. If you don't live in the same area as them, this means you will have to apply to their local council or trust for the assessment.

*The aim of the assessment should be outcome-based:*

- To highlight any more support you might need in your caring role
- To enable you to maintain your own health and wellbeing so that you can balance caring with other work and family commitments.

You can apply for an assessment whether or not you live with the person you are caring for. You can also apply if you are caring full time, or if you are working as well as caring.

The assessment will look at any help you might need in order to carry out your role as carer, and how the caring role affects you. It will also consider how much caring you can manage, whilst still having time for your other interests and activities away from caring.

## Top Tip

Carers UK publish a good *Carers Assessment Guide*, available by visiting [www.carersuk.org](http://www.carersuk.org) to download a copy, or call the CarersLine on 0808 808 7777 to request a copy by post

Be sure to request a further Carer's Assessment when circumstances change

NHS Choices provide an online essential guide to social care. Visit [www.nhs.uk/carers](http://www.nhs.uk/carers) or call 0808 802 0202 for more information.