

## Are you looking after someone?

### Fact Sheet 8

(March 2017)

#### Who are Carers?

A carer is someone who provides or intends to provide unpaid care for an adult or a disabled child. There is no age limit to being a carer, even children can be **Young Carers**, however this fact sheet is specifically designed for adults who are carers.

Caring can mean lots of different things. It may mean you help someone with personal tasks, for example, you may help with bathing or dressing or giving medication. It may mean you provide emotional support or supervision for someone who needs this such as people experiencing mental illness or substance misuse.

Any unpaid carer who appears to have support needs is entitled to a carers assessment.

#### What is a Carer's Assessment?

As a carer you may have needs that are different to those of the person you look after. We recognise that caring for someone can be very rewarding, but it can also be demanding, stressful and tiring. A Carer's Assessment is an opportunity for you to talk about your needs, what is important to you and the support we may be able give you to help you to care for someone at home. A Carer's assessment must also explore with you your needs for education, employment and leisure activities.

#### How do I get a Carer's Assessment?

Carmarthenshire County Council will offer an assessment to any carer who appears to have support needs. If you believe that you are a carer with support needs get in touch with us by contacting our Information, Advice and Assistance Service and tell them you want a Carer's Assessment. You will need to give some basic information about yourself and the person you care for. This includes names, addresses, dates of birth and some information about your situation. As part of that assessment, Carmarthenshire County Council can offer you information, advice and assistance to help you identify



For more information on social care services log onto:  
[www.carmarthenshire.gov.wales/socialcare](http://www.carmarthenshire.gov.wales/socialcare)

support services within the community and other preventative services.

If you are a carer who may have support needs please do not hesitate to contact our Information, Advice and Assistance Service on Tel: 0300 333 2222

### **What happens if I do not want an assessment from Carmarthenshire County Council but would like support from another organisation?**

Within Carmarthenshire, the Carers Information Outreach Service is an organisation which offers information, advice and assistance to carers. Carers do not have to come to Carmarthenshire County Council to access this Service. For further details about the Carers Information Outreach Service contact them via the following:

The service is available Monday to Friday.

**Contact:** [info@carmarthenshirecarers.org.uk](mailto:info@carmarthenshirecarers.org.uk) or,

**Telephone:** 0300 0200 002 or

**Visit:** [www.carmarthenshirecarers.org.uk](http://www.carmarthenshirecarers.org.uk) or,

**Find them on;** Facebook, Twitter or YouTube

### **What happens next?**

If having spoken to Carmarthenshire County Council on the telephone it is clear that we cannot meet your support needs through the community, preventative services or helping you to identify resources within your only social network, we will arrange a visit to talk about your needs and what is important to you. You can choose to meet in private or have the person you care for at the meeting. You can also meet independently of the person you care for at a neutral venue, our offices or at an agreed community venue. We do advise that prior to the assessment, you consider talking things over with the person you care for, to try to agree what kind of help you both may need. You are welcome to have a friend or relative present to support you or we can arrange for independent support if you require it.

We see people as quickly as possible, depending on how urgent their situation is. We will tell you how long you might have to wait when you first contact us.

During the assessment we will ask you about:

- The extent that you are able and will continue to be able to provide care for the person you are caring for
- The extent to which you are willing and will continue to be willing to care for the person you are caring for
- The outcomes which you want to achieve
- how caring affects your health, job, social life, finance, education and family life.
- whether the person you are looking after gets enough support and the right type of support.
- what support you are getting.
- the situations you find difficult.
- what sort of services might help you.
- what is important to you.

### **What type of help may be available?**

- A needs assessment for the person you care for can be arranged or if you both agree and it is considered beneficial to do so, a combined assessment of your needs and the person that you care for can be undertaken
- Services that help with the support you currently provide
- Services that give you a break from caring for a few hours, a day, a weekend or longer
- Information about housing, equipment or adaptations
- Welfare benefits advice
- Carers' groups and organisations, both local or national
- Telecare assistive technology – a non-intrusive approach to care that involves the placing of discreet sensors and automated devices around a person's home to help manage risk, 24 hours a day, seven days a week.

There may be charges or waiting lists for some of these services, but there is no charge for assessments or advice.

## Who should I contact?

If you would like further details please contact **our Information, Advice and Assistance Service on 0300 333 2222.**

**If you would like this leaflet in large print,  
Braille or on audio,  
please 📞 01267 228703**



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