

Adult Social Care

Carer’s Needs Assessment

Carers Wellbeing Service Calderdale can provide support with completing this form. To access support please call 01422 369101 or email: carers.wsc@makingspace.co.uk

IF YOU COMPLETE THIS FORM YOURSELF, PLEASE RETURN IT TO:

carers.wsc@makingspace.co.uk

Carers Wellbeing Service Calderdale Suite 6B, Rimani House, 14-16 Hall St, Halifax, HX1 5BD

PLEASE NOTE: This is not an assessment for respite or care for the person you care for, they will need their own assessment for this.

Last updated May 2023

Carer’s Needs 

 AssessmentAdult Social Care

**Who is a carer?**

By ‘carer’ we mean someone providing care for a friend, relative or neighbour who would not be able to manage without this help because of age, illness or disability.

The carer must not be employed to provide this care and must not receive payment other than benefits.

If you are a carer providing, or intending to provide care to an adult (18+) you are entitled to an assessment of your own needs.

**What is a Carer’s Needs Assessment?**

The assessment looks at how caring is impacting different aspects of the carers life and how they feel about the future. It is their opportunity to identify any needs they may have within their role and to seek any help which could improve their caring role.

A Carer’s Needs Assessment looks at the needs of the carer, separately from the needs of the person they provide care for. If the person you care for refuses a community care assessment you are still entitled to a Carer’s Needs Assessment and services that will support you in your caring role.

**Who fills in the details?**

You can complete sections 1 to 6 yourself or with help from a friend, family member or professional. You can ask not to be assessed by the same worker that assesses the person you provide care for.

If you would like help with any of the questions, you can ask the Carers Wellbeing Service Calderdale or Calderdale Mental Health Carers Support Service. These organisations are independent of Adult Social Care. Their contact details are at the end of this form.

**What happens next?**

Once the information has been completed you and any worker carrying out your assessment and any helper/advocate involved will need to sign section 7. The worker will take a copy to keep on file and return a copy to you.

If your assessment is returned to Carers Wellbeing Service you will be contacted by a member of their team to discuss your needs and to suggest support to help you meet those needs. This may include telling you more about their range of services, helping you to access a carers personal budget or referring you to Adult Social Care for help in getting support for the person you care for.

**1. About you (the carer)**

|  |  |
| --- | --- |
| Title: | Date of Birth: |
| Name: | Email: |
| Telephone: | Mobile: |
| Address: Postcode: |
| GP Surgery: |
| Gender: | Employment Status: |
| Ethnicity: | Faith: |
| Sexual orientation: |  |
| Personal Disabilities, including any communication needs: |

Are there any children (under 18) living at home? Yes No

If YES, do they help with the caring? (e.g. physical Yes No

tasks, emotional or practical support)

If YES, would you like information about support Yes No

for young carers?

|  |  |
| --- | --- |
| Title: | Date of Birth: |
| Name: |
| Telephone: | Mobile: |
| Address: Postcode: |
| GP Surgery: |

**2. About the person you provide care for**

Relationship to you

How long have you

been the main carer?

Condition/Diagnosis

Do you live with the above person? Yes No

If NO, do they live in Calderdale? Yes No

How often do you provide care for them? Daily A few times Weekly

 a week

Do you provide care for more than the above person? Yes No

If YES, please provide details

Relationship to you

How long have you

been their carer?

Condition/Diagnosis

**3. The support you provide**

**Please tick any tasks that you do for the person you care for:**

Personal Care Preparation of meals Medication

Using toilet/continence Housework/shopping/ Medical support

 gardening

Lifting, handling, moving Dealing with forms, Managing money

 letters and services

Supervision to ensure Communication/ Support at Night personal safety interpretation

Support with Mental Support to go out Support to engage in

Health and about hobbies/activities

 Any other tasks:

**How many hours each day do you spend doing these tasks, on average?**

Under 4 hours 4-8 hours 8-12 hours 12-16 hours Over 16 hours

**Please indicate on average how many hours support each day the person you care for gets from other people (e.g. family, friends, home care provider)**

0 hours 0-2 hours 2-4 hours 4-8 hours Over 8 hours

**4. Your needs**

**4a. Maintaining your own health and wellbeing**

Being a carer can affect you physically and mentally, for example you may not get enough sleep or rest, your own health problems may become worse or new ones may have developed, you may feel under strain physically or emotionally and it may have had an effect on your relationship with the person you care for or other relatives.

 **What effect does being a carer have on your health and wellbeing?**

 None Slight Moderate Great

Please provide further

details:

**4b. Getting enough sleep**

Having someone else to care for can sometimes affect your sleep. You may have to provide care during the night, or you may have difficulty sleeping due to the stress of being a carer.

 **Being a carer has an effect on my sleep:**

 Never Sometimes Often Always

Please provide further

details:

**4c. Personal disabilities and health problems affecting your day to day life**

Having health problems or disabilities yourself can affect your daily life. If you have a health problem or disability, please tick the statement that applies to you

 **Do you consider yourself to have any of the following conditions:**

Sensory impairment Learning disability such ADHD or dyslexia

Physical conditionMental health such as stress and anxiety

 **The effect on my ability to carry out daily tasks is:**

 None or slight Some effect Moderate Great

 Please provide further

 details:

**4d. Work and other commitments**

Carers often have other responsibilities such as paid or voluntary work or training, or children to look after. This can take up a lot or a little of your time.

**Please tick the statement that most applies to your situation:**

 I am not currently in work, training or education

 I am in work, training or education and Ifind it difficult to combine this with caring.

 I need/would like to return to work, education or training work but I can’t due to

 my caring role

 I would like to spend more time caring for my other children/grandchildren but I

 can’t due to my caring role

Please provide further

details:

**4e. Having a break**

Having regular breaks from caring can give you chance to rest or do things, and this can help you feel less stressed and ready to carry on caring.

**Please tick the statement that most applies to your situation:**

I feel that I would benefit from regular short breaks from my caring role to focus on my own health and wellbeing.

If the person I care for was able to access respite it would give me regular breaks

(a separate referral for an assessment for them would be needed to check eligibility)

I have no access to any breaks and this has a significant impact on my wellbeing

I already access regular breaks and have no further needs around this.

Please provide further

details:

**4f. Having a life of your own**

Caring for someone can make it difficult to find time for hobbies, leisure and social activities, or to meet your religious, spiritual or cultural needs.

**As a carer, I feel I have time for a life of my own:**

Never/rarely Sometimes Often Always

Please provide further:

details:

**4g. Emotional support**

A lot of carers feel the need for some emotional support. Some people get emotional support from friends and family, others get it by accessing support from a carers service.

**As a carer, my needs for emotional support are:**

Well met Partly met (I need a bit Not met (I need a lot

 more emotional support) more emotional support)

Please provide further

details:

**4h. Family and Friends**

Being a carer can sometimes mean you have less time or energy to spend with loved

ones, friends and relatives, or to develop new friendships and relationships.

**As a carer, I feel I have time for friendships and relationships:**

Never/rarely Sometimes Often Always

 Please provide further

 details:

**4i. Making use of local facilities when necessary**

Being a carer can make it difficult to find time to access your own appointments such as doctors, dentists, other medical appointments, hairdressers and financial appointments when you need to.

 **As a carer, I feel I have time to access such appointments when needed:**

Never/rarely Sometimes Often Always

Please provide further

details:

**4j. Managing money/affairs**

Managing money, paying bills and dealing with the benefits agency on behalf of the person you can for can be difficult. You may have power of attorney, solicitors or trustees to deal with.

 I struggle to manage my own money/affairs and would like information and advice

 I struggle to manage the person I care for’s money/affairs

 I have no worries around money/affairs

 Please provide further

 details:

**4k. Home environment**

Spending a lot of time caring can mean you don’t have enough time to keep on top of other household tasks such as housework, laundry, shopping and gardening.

The time I spend caring means I have difficulty keeping on top of my household tasks

The time I spend caring means I have difficulty keeping on top of my cared for persons household tasks

I have no difficulties managing home environment.

Please provide further

details:

 **4l. Managing nutrition**

Sometimes carers are so busy caring that they don’t have the time or energy to shop for food, cook and eat healthy and nutrition meals. Financial hardships can also impact carers nutrition.

 **Please tick the statement that most applies to your situation:**

 Caring does not affect my eating

 I sometimes don’t cook or eat properly due to my caring role

 I often don’t cook or eat properly due to my caring role

 My financial hardships make managing nutrition difficult

 Please provide further

details:

**4m. The impact of caring on your life**

Having someone to care for can affect people in different ways. The impact on your life will depend on how much caring you do and what else you have going on.

 **I currently feel that my caring role impacts my life:**

In a small way that currently feels manageable

 Is beginning to impact my own health and wellbeing

 Has a significant impact on my lifestyle and has led to stress and/or health issues

Has a very heavy impact on my lifestyle and has greatly affected my health and wellbeing

 Please provide further

 details:

**4n. Your view of the future as a Carer**

As a carer it is important to consider the future and any support you may need. You may also want to step back from your caring role and this is something you can be supported with.

**Please tick the statement that best describes your views:**

I am able to continue as at present

I will need a lot more help in the near future

I cannot continue without immediate help

I am unable or do not want to continue to provide care

Please use this box to tell us

what support you feel you need:

 **5. Carers Emergency Back Up Plan**

Have you completed a Carers Emergency Back Up Plan? Yes No

(A plan for emergency support if the carer is unavailable)

If YES, is it up to date? Yes No

If NO, would you like support in completing one? Yes No

**6. Action Plan**

**What outcome are you hoping for as a result of this carers needs assessment?**

Support for you as a carer? Yes No

Support for the person you care for? Yes No

Annual review?

 Yes No

**7. Confidentiality**

If a person is considered at risk any information given will be acted on immediately.

However, in all cases, it may help if we can tell other agencies, including health services and voluntary agencies, some of the information you have given us.

May we pass on this information? Yes No

**8. Signatures**

Signed (Carer):

Date:

If someone helped you answer the questions, they should sign as well:

Signed (Helper/Advocate)

Date:

Signed (Assessor):

Date:

 **Contact us**

**Gateway to Care**

01422 393000

Email: GatewaytoCare@calderdale.gov.uk

**Emergency Duty Team**

If you need to contact us out of normal office hours, where urgent help is needed, call 01422 288000

**Complaints**

**If things go wrong please tell us**

If you are unhappy with a service, or a decision made, please tell us first so that we can try to put things right. If problems cannot be sorted out by direct discussion with the person it concerns, you can discuss them with that person’s manager or a member of staff you trust.

**Complaints**

If you are not happy with any social care service provided or arranged by the Council you can make a complaint. For more details, or to make a complaint contact The Complaints Manager on 01422 392279



**Carers Wellbeing Service (Calderdale)**

The Carers Wellbeing Service (Calderdale) is there to support all adults who care in Calderdale, whether they are caring for an adult or child, relative, friend or neighbour. They are independent of Adult Social Care.

**Carers Wellbeing Service (Calderdale):**

We are here to help unpaid adult carers in Calderdale who are 18 and over and offer support to young adult carers (aged 18-25) and parents of children with a disability.

If you choose to support someone with a long term health condition or disability we can help you do so without detriment to your health or to inclusion in society.

Our professional and caring support workers provide a free service to carers across Calderdale.

The service provides an extensive range of resources designed to improve unpaid carers’ quality of life. The team support carers by providing information and advice, one-to-one support, help getting into employment, carers breaks and social activities and groups.

We will get to know you and your situation so we can give you the most relevant and appropriate guidance and support.

**Address:** Carers Wellbeing Service (Calderdale), Suite 6b, Rimani House, 14-16 Hall Street, Halifax, HX1 5BD

**Telephone:** 01422 369101

**Email:** carers.wsc@makingspace.co.uk

**Website:** [www.makingspace.co.uk/carers-wellbeing-service-calderdale](http://www.makingspace.co.uk/carers-wellbeing-service-calderdale)

**Calderdale Mental Health Carers Support Service**

If you care for someone with a mental health condition, we will be able to help you.

The Carers Support Service has a team of experienced carer support workers working throughout Calderdale. This service also provides an extensive range of resources designed to improve unpaid carers’ quality of life. The team support carers by providing information and advice, one-to-one support, help getting into employment, carers breaks and social activities and groups, as well as working closely with the community mental health teams and acute hospital.

We will get to know you and your situation so we can give you the most relevant and appropriate guidance and support.

We have a successful history of supporting carers of people who experience mental health issues. We aim to provide an easily accessible source of help and support during times of greatest need.

We can help by:

* Providing a ‘listening ear’ – we believe that giving you the opportunity to talk to someone about your caring responsibilities and the chance to express how you feel can be a huge relief. Particularly if you feel isolated and unable to get support from friends or family. Talking to someone who can empathise and understand can help make a stressful time easier to bear.
* Signposting you to clear and accurate information
* Giving you help, support and information
* Empowering carers to have a voice about services.
* Supporting your own mental wellbeing and developing strategies to cope and to promote your own independence and needs.

**How to contact us:**

If you wish to use the service, you can contact us yourself or ask the care co-ordinator (social worker or CPN) of the person you care for to refer you.

**Email:** carers.calderdale@makingspace.co.uk

**Telephone:** 01422 369101

**Website:** [www.makingspace.co.uk/calderdale-mental-health-carer-support](http://www.makingspace.co.uk/calderdale-mental-health-carer-support)

**Calderdale Council Young Carers Service**

The Young Carers Service works with children and young people to try to minimise the impact that their caring role has on them. It is for those aged 8-18 years, who live with someone who has:

* an illness or disability;
* mental health or substance misuse issue.

It offers:

* An assessment to find out your needs and to make sure the right support is given.
* A range of services based on your needs, which includes:
* Respite activities;
* Individual or group work;
* Support in school;
* Support for the whole family.

**Email:** calderdaleyoungcarers@Calderdale.gov.uk

**Telephone:** 01422 261207

**Freephone:** 0800 389 5785

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