



Carers

Guide to a carer's assessment

What is a carer?

A carer is a person who provides regular and substantial care, on an unpaid basis, to a relative or friend who through frailty, physical or mental illness or disability would not be able to live independently without support. This person may be living in their own home or they may be living with their carer.

What is a carer's assessment?

A carer's assessment is an opportunity for you to discuss your caring role and identify the issues and needs you may have. You can choose to include or not include the person you care for. You can have a friend present to support you if you wish.

Why have a carer's assessment?

An assessment can help you feel more supported, less isolated and to make you more aware of the support available to you.

A carer's assessment gives you the opportunity to discuss:

- your experiences and share feelings.
- the help and support you require to maintain your caring role.
- information about training courses and resources that may help you.
- information about carers centres and support services.
- the help the person you care for needs.
- the help you are providing or intend to provide.

How do I get a carer's assessment?

You should be offered an assessment through the Care Programme Approach (CPA) procedure either at the time when the person you care for has their assessment or through the CPA meetings which take place regularly. Otherwise you may ask for a carers' assessment at any time you wish.

If CPA is not being used for your person you should ask the professional involved in their care.

The person I care for has just been admitted to hospital or referred for help

Ensure that the mental health team involved with the person you care for are aware that you are their carer. This would normally be identified at assessment but if not contact the team directly.

You can request a carers assessment at any time. Speak to their care co-ordinator in the community team or if they are in hospital to the ward manager. Tell them if you need support urgently.

You may also wish to contact one of the support organisations listed at the back of this leaflet.

Where does the assessment take place?

Usually in your own home, GP surgery or a place convenient to both you and the person carrying out the assessment.

Assessments may be completed in one interview or over a series of meetings depending on individual circumstances.

When does the assessment take place?

At a mutually agreed time between you and the person carrying out the assessment. You are entitled to an assessment of your own needs once a year.

Who carries out the assessment?

It could be a member of staff from your local community support team, a dedicated carer support worker who has been employed by the trust or a member of staff from the county council social and community services. The assessment does not need to involve the person you care for, but if your care plan involves direct care for the individual they will need to agree.

Carer assessments can help you to find information and advice on the following:

- getting a break or a holiday (respite)
- information about local support groups
- help lines for carers
- advice and Counselling
- education, employment and training
- information about advocacy
- how to access help with benefits
- how to get help in a crisis
- young carer information

Who do I contact for more information?

If you would like to know more about what is involved with a carer assessment please contact the care co-ordinator or the professional involved with the person for whom you are caring.

Young carers

If you are under 16 and providing care for a family member or friend who suffers from a mental illness you too are entitled to support.

Go to the young carers section of the Carers Oxford or Carers Bucks website for further information. The contact details for these can be found below at the end of this booklet.

Contact us

Buckinghamshire

The Carer Support Team

Whiteleaf Centre

Bierton Road

Aylesbury

HP20 1EG

Tel: 01865 901 513

Carers Bucks

Website: www.carersbucks.org

Email: info@carersbucks.org

Aylesbury

Ardenham Court

Oxford Road

Aylesbury

HP19 8HT

Tel: 01296 392 711

Oxfordshire

Carers Oxfordshire

Website: www.carersoxfordshire.org.uk

Email: carersoxfordshire@oxfordshire.gov.uk

Oxfordshire County Council

Social and Health Care Team

Carers Oxford

PO Box 780

Oxford

OX1 3EJ

Tel: 0845 050 7666

Website: www.oxfordshire.gov.uk

Rethink Carers Support Service

Manzil Way Resource Centre
Manzil Way
Cowley Road
Oxford
OX4 1XE

Tel: 01865 904 489

Email: oxfordshirecarers@rethink.org.uk

Website: www.rethink.org

South and Vale Carers' Centre

5 Lydalls Road
Didcot OX11 7HX

Tel: 01235 510 212

Email: carers@svcarers.org.uk

Website: www.svcarers.org.uk

Oxford Health NHS Foundation Trust Buckinghamshire:

Tel: 01865 902 000 (9am to 5pm)

All other locations and Buckinghamshire after 5pm:

Tel: 01865 901 000 (trust switchboard)

MIND

Website: www.mind.org.uk

Tel: 0300 123 3393

Royal College of Psychiatrists

Website: rcpsych.ac.uk

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછી

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的文本，请与我们联系

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਸ਼ਕਲ ਵਿੱਚ ਚਾਹੀਦੀ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁੱਛੋ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہوں تو براہ کرم ہم سے پوچھیں۔۔

Oxford Health NHS Foundation Trust

Trust Headquarters

Warneford Hospital

Warneford Lane

Headington

Oxford

OX3 7JX

Switchboard 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Mental health services are part of our Adult Directorate.