

## **Carers support and the opportunity to talk in detail about your Caring Role** **(Carers Assessment)**

As an unpaid Carer you have the opportunity to speak to someone about what impact caring has on your life (Carers Assessment). The conversation will look at, for example, physical, mental and emotional needs, and whether you are able or willing to carry on caring.

It may be useful before the assessment for a carer to think about the following:

- Will you be able to talk freely if the person you care for is present?
- Do you want or are you able to carry on caring?
- If you are prepared to continue, is there anything, or anyone that could make life easier for you?
- Without support is there a risk that you might not be able to continue caring?
- Do you have any physical or mental health problems, including stress or depression, that make your role as a carer more difficult?
- Does being a carer affect your relationships with other people, including family and friends?
- If you have a job, does being a carer cause problems?
- If you are struggling with any aspects of your caring role – who or what could help you?
- Would you like more time to yourself so that you can sleep, take a break or enjoy some leisure activity?
- Would you like to do some training, voluntary work or paid work?

Following the conversation a plan will be agreed to help to support the carer. The plan, which will be carer led, will set how needs will be met. The Carer will then be informed of whether or not they are entitled to a personal budget.

If at any time a Carer feels that things they do to look after a relative or friend has changed or increased they can ask for another assessment.

If a Carer has needs, they can discuss with the assessor a wide range of options to meet those needs. This could include:

- Access to a support group
- Training to help you continue caring
- Help with making sure you are claiming all the benefits you are entitled to

If a Carer's assessed needs meet the national eligibility criteria they will be allocated a personal budget. An indicative budget will be discussed with a Carer after their assessment to create a support plan. The support plan will detail a Carer's needs and how they will be met using a personal budget.

### Carer's personal budgets

A carer's personal budget is an amount of money that may be allocated following a carer's assessment. The money can be used to buy services and equipment which will help in the caring role.

A personal budget is given to carers as a direct payment. This is usually a one off payment that will be paid directly into a bank account. The payment will cover a 12 month period after which the caring role and any carers needs will be reviewed

### Carers Assessment in Lincolnshire

A carer's assessment can be requested by contacting the Lincolnshire Carers Service on 01522 782224 or by emailing [carersservice@lincolnshire.gov.uk](mailto:carersservice@lincolnshire.gov.uk)