



How to get a carer's assessment

brainstrust information sheet

Know Hows are published by *brainstrust* to help people living with a brain tumour to understand current topics. They are produced with input from relevant scientific and clinical experts and are written in a way that should help you to understand often complicated topics.

If you have an idea for a Know How, then please let us know.

If you have any queries, don't forget you can talk to one of our support specialists on **01983 292 405**, or email **hello@brainstrust.org.uk**.

Why do we need this Know How?

We know that caring for a loved one with a brain tumour diagnosis can at times come with many different challenges. You can often find yourself taking on a different role from the one you had prior to the diagnosis, and this may cause a strain on your relationships and day-to-day life.

This Know How will explain what extra support may be available to you as a caregiver in the form of a carer's assessment. It will go through what the assessment is and how to apply for it, and it will also signpost some useful organisations that may be able to support you.

The information included in this Know How applies to people living in England. For more detailed information about the process for Wales, Scotland and Northern Ireland, visit the links below:

Wales: www.carersuk.org/images/Factsheets/Assessments_-_Wales__5_April_2019_.pdf

Scotland: www.carersuk.org/images/Factsheets/Assessments_-_Scotland_-_SC1020.pdf

Northern Ireland: www.carersuk.org/files/section/5042/assessments-northern-ireland-ni1020.pdf

What is a carer's assessment?

Under the Care Act 2014, everybody who is caring for someone over the age of 18 with a medical condition or disability is entitled to a carer's assessment. You are also entitled to request a needs assessment for the person that you are caring for, although this will be a separate assessment. The assessment will be carried out by your local council.

You will be entitled to an assessment regardless of your financial situation or the level of care you provide. However, this will come into consideration when it comes to what level of support you are eligible for.

How the assessment is carried out will be down to your local council. It will most likely be face to face but could also be online or over the phone.

How do I apply for a carer's assessment?

You can request a carer's assessment by getting in touch with your local council. If you do not live with the person you care for, this should be the local council for where they live. You can also be referred for an assessment by your GP or a friend or family member.

You can check who your local council is here: www.gov.uk/find-local-council.

If you are caring for anyone over the age of 18, it will be the adult social care department who you will need to get in touch with to arrange this assessment. If you are caring for a child, you will need to get in touch with the children with disabilities department.

What will be involved in the assessment?

The assessment will look at a number of different aspects regarding your role as a caregiver:

- how your caring role affects your life and well-being
- how it affects your employment and social life
- how it affects your physical, mental and emotional health
- what your feelings and choices are about caring
- your housing situation – whether your current housing is suitable for your needs
- how you can plan for emergencies
- whether you are able to carry on in your caring role.

It will also look at the level of care that you are providing, how regular this may be and whether you have needs that meet the criteria set by the government.

There are three questions that your local council will need to consider when making their decision about any support that you might be entitled to:

1. Are your needs the result of you providing necessary care?
2. Does your caring role have an effect on you?
3. Is there, or is there likely to be, a significant impact on your well-being?

How can I prepare for a carer's assessment?

It is important that you are as honest as possible when discussing your caring role in your assessment. By being clear and transparent about anything that you may be struggling with, you will have a greater chance of having the support that you need, which may have a positive impact for both you and the person you are caring for.

Things to think about ahead of your assessment:

- Keep a diary for a week about the care that you are providing and how it is making you feel. Include the impact it is having on other aspects of your life or tasks outside of your caring role.
- Do you feel able to continue your caring role?
- If you are able to continue, what would make life easier?
- Is being a caregiver affecting your relationships with others around you, including the person you are caring for?
- Is being a caregiver affecting your current employment or ability to find suitable employment?
- Do you have any health problems, either physical or mental, that make your role as a caregiver more difficult?

Speak to family and friends ahead of the assessment. See whether there is anything they have noticed about the impact your caring role is having on your life that you may not necessarily have realised. Often, when we are so deeply involved in something, an outside view can provide us with more clarity.

What support may I get if I am eligible?

The support you receive will depend on your eligibility and what your local council is able to provide. If you are deemed eligible, the type of support offered to you could include:

- help with transport costs
- technology to support you
- help with housework or gardening
- help to relieve stress and improve health and well-being, such as a gym membership.

If you have applied for a needs assessment for the person you are caring for as well, the support offered will be different and will be targeted more towards helping them.

You can find out more about needs assessments here: www.which.co.uk/after-life-care/carers-and-caring/needs-assessment/getting-a-needs-assessment-af55g5x4xhf0.

Ask yourself

- What specifically am I struggling with?
- What do I need to be different?
- What does feeling supported look like for me?
- Who is in my team to help?
- What do I want for the other person?
- What do I want for myself?
- What does a good result look like?
- What does feeling supported look like for me?

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Production of *brainstrust's* information is supported by the Anna Horrell fund. Anna, wife and mum, tragically passed away in August 2017 after a valiant fight against a glioblastoma. Throughout her life and her illness, she was an inspiration to us all, fighting bravely and cheerfully in the face of adversity. She was the beating heart of our family, and her loss left a hole in our lives that can never be replaced. In her incredible memory, we are passionate about helping others diagnosed with a brain tumour to navigate this most difficult of journeys.

Mike, Tom, Rebecca, Charlie & Sophie

Contact

Talk to *brainstrust*. We can help. You can call, write, type, text. Email for help and support:

hello@brainstrust.org.uk.

Telephone: **01983 292 405.**

Other helpful links

www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/carers-assessment

www.which.co.uk/after-life-care/carers-and-caring/benefits-for-carers/carers-assessment-afc246f9n1vf

Organisations that may be able to help:

www.carersuk.org

www.macmillan.org.uk

www.citizensadvice.org.uk

References/resources

<https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/carers-assessment>

<https://www.which.co.uk/after-life-care/carers-and-caring/benefits-for-carers/carers-assessment-afc246f9n1vf>

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