

Gaddum ... Carers

Hi, I'm Gaddum. Let's talk about a carers assessment.

At Gaddum, we offer a safe space to talk about your caring role. A carers assessment is about your needs as a carer but you can also talk about the needs of the person you are caring for. You can ask for one even if the person you care for is not entitled to support from the council. You can talk openly to us about your life as a carer - the good bits and the bad.

What support is there?

Depending on the outcome, you may be entitled to:

- short breaks (respite) from caring - a paid carer coming to your home, or the person you care for going somewhere
- a carers personal budget
- changes to equipment
- adaptations to the home
- emotional support for you, for example joining a carers group
- checking your welfare benefits to make sure you are getting everything you are entitled to
- making an emergency plan so that the person you care for is safe, if you are involved in an accident

Before you have a carers assessment it may be a good idea to make a list, or keep a diary, of everything you do to help look after the person you care for.

If there is more than one carer in your household, you can all have your own assessment.

What will happen after the assessment?

A record of the assessment will be kept and anything that needs to change, based on what you tell us can be looked at with a view to helping you to carry on caring.

If a Carers personal budget is appropriate, you can decide what you would like whether that be a break, an activity, technology or any other ideas you may have to improve your wellbeing. If you need to think about this for a while we can leave the form with you.

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Carers personal budgets

A carers personal budget is a small sum of money to help you remain healthy and well enough to carry on with your caring role. It is offered to make sure that your health and wellbeing is a consideration. It is important to maintain your health, enjoy leisure activities and make time to go to your own medical appointments. The carers personal budget isn't means tested but it is based on individual need and will be assessed annually in case your circumstances change.

Different levels of support

The carers assessment looks at how you balance your caring role with everyday life. It will look at what support you have, such as family who can step into the caring role, to give you a break.

It will also look at how your caring role might affect your:

- health and emotional wellbeing
- stress levels
- personal finances
- ability to remain in or return to work or study
- relationships and family life
- time out to relax or meet friends