

## **Carer's Assessments from Bristol City Council**

Caring can be exhausting. Help with practical tasks can make caring easier. You or the person you care for may be eligible for several types of support from social services. Before the social services department can assist you, it must carry out an assessment of what your care needs are.

### **Community Care Assessment**

If you have a long term health problem or disability, social services will assess what help you need to remain as independent as possible and to do the things in life that are most important to you. Government guidelines are used to check if your support needs qualify you for help from the local authority. This might be done by talking to you over the phone or by arranging a visit from a social worker. You might also be offered a short term service in the home to see what long term support is going to be needed.

The most common type of support that people ask for is help with personal care and practical support in the home. However the emphasis will be on helping you in what is most important to you, which may be to do with activities outside of the home.

Services don't have to be provided directly by the local authority. They will put a figure on how much the support is going to cost and how much you have to contribute. You can then ask the local authority to arrange the support service or you can have a direct payment to buy your own services. You will be offered help and advice in managing this.

### **Carers Assessment**

If you are caring for someone, a carer's assessment looks at how caring impacts on your life and what support you need in your caring role. The local authority is responsible for ensuring that carers are offered an assessment for themselves but can commission an outside agency or organisation to carry out the assessments on its behalf.

As part of the assessment, you will be told about help and support available to you that you can access independently. You may also be given a small budget (a carer's direct payment) as a means of doing something for yourself and getting a break from your caring role. This could be for anything from a gym pass to paying for some complementary therapy sessions at home.

If the person you care for is in receipt of social care services, then a social worker will carry out your carer's assessment. It is likely to be offered around the same time as the assessment of the person you care for.

**Contact Care Direct:** 0117 922 2700

If the person you care for is **not** receiving social care services, as an adult carer, young carer or parent carer, you can have a carer's assessment by other routes – from Carers Support Centre or via a new team at the council called the Integrated Carers Team.

**Contact either:**

**Integrated Carers Team:** 0117 352 1668, or

**Carers Support Centre:** CarersLine 0117 965 2200