

## **Carer's Simple Assessments from the Carer's Support Centre**

Bristol NHS, in partnership with the Carers' Support Centre, are offering one to one support and advice sessions to carers to make sure carers get all the help they are entitled to. In part this involves completing a carer's simple assessment. The carer's simple assessments are aimed at carers who are not currently getting help from the Council or NHS and are finding caring is affecting their health and well-being. The assessment is a short form, which a member of the Carers' Support Centre can complete with you. It looks at:

- the kind of support you currently provide to the person you care for
- how caring is affecting you
- what might help you in your caring role

The assessment will then be sent to the Integrated Carers Team who, in many cases, will be able to give you a one off payment for something that could help you to take a break from caring, or help you in your caring role. For example, these 'carer's personal budgets' could be used to:

- have a short break away
- join a gym or take up a hobby or course
- buy equipment or a service that makes caring easier, such as a tumble dryer, assistive technology or driving lessons.

If you think you might benefit from having a carer's simple assessment or would like other information, advice or support to help you in your caring role please **call Carersline on 0117 965 2200**.

Alternatively, you can complete the Carer's Support Centre referral form contained in this pack and return it to the practice to be sent.