



If you are caring for a relative or friend you can ask for a

## **Carer's Needs Assessment**

### **What is a Carer's Needs Assessment?**

A Carer's Needs Assessment is an opportunity for you to tell us about the care you provide and how it affects your life.

Along with a Trust worker (for example a Social Worker or Care Manager) you will look at what support you have and what help you may need if you want to continue caring for your relative or friend.

It is an assessment for your needs as a carer, not the person you care for.

### **Who can have a Carer's Needs Assessment?**

The Carers & Direct Payments Act NI 2002 states that anyone providing regular and substantial care, free of charge, for a relative or friend who is ill, frail or has a disability, can ask for an assessment. This also includes children or young people aged 18 or younger who have a caring role.

### **What should I do if I want a Carer's Needs Assessment?**

You can contact the Trust directly at one of the contact numbers on the back of this leaflet.

If there is a Trust worker involved with the person you care for, you can ask them to arrange a Carer's Needs Assessment with you.

### **Why should I have a Carer's Needs Assessment?**

Many carers have found that having an assessment is useful. It gives you a chance to talk about:

- The care you provide
- How caring affects your physical and emotional health
- What you find difficult at the moment
- Any concerns you have for the future
- What support you may need to continue caring

## **How should I prepare for a Carer's Needs Assessment?**

Take time before the assessment to think about what additional tasks or responsibilities you have because of your caring role and what you find difficult. (Using a diary for a few weeks may help you).

Think about whether you want to have the assessment carried out, with or without the person you care for being there. You may feel you can speak more freely on your own.

Be open with the person carrying out the assessment with you. They are there to listen and to help.

Ask for a copy of the completed assessment form which will include an agreed Action Plan.

## **What will I get from a Carer's Needs Assessment?**

It can help you to think more clearly about your caring situation and gives you a chance to talk freely about your own needs and concerns. It may help you get more practical help and support. This help could be from the Trust but may also come from other organisations. This help may include:

- Information on issues relevant to you as a carer, such as Direct Payments
- Contact with carer groups
- Support with practical tasks
- Breaks from caring
- Training to assist you
- Emotional support
- Complementary therapies and Carer away Days

As a Health and Social Care Trust we recognise your valuable role in supporting your relative or friend. We want to work with you to help you look after your own well-being and the person you care for.

Please contact us as below:

Carers Co-ordinator  
3rd Floor  
Inner Arches Health and Wellbeing Centre  
1 Westminster Avenue North  
Belfast  
BT4 INS