

## Am I a Carer?

A Carer is a person who cares for someone else (or plans to). This could be a husband, wife, partner, parent, child, relative, friend or neighbour, who, because of disability, frailty, physical or mental illness, drug/alcohol issue and/or vulnerability cannot manage alone in the community. Carers can be of any age and care without pay. Many Carers do not consider themselves to be 'a Carer', 'I'm just looking after them, getting on with it and doing what anyone else would do in the same situation'. But there is a lot of support to make life easier for carers.

## What is a Carer's Assessment?

All Carers should receive support to make sure that caring does not affect their own health and wellbeing, either now or in the future.

A Carer's Assessment is a conversation about your caring situation and about how it affects you. It has nothing to do with your benefits and isn't an assessment of your caring ability. The person you care for does not need to be receiving services, and there is no financial assessment. The Assessment should look at the things that you want to do in your life – the focus is on you.

## The assessment will:

- Help identify the best possible support for you and the person you care for.
- ~~Find out how to help you maintain your~~ own health and wellbeing.
- If you want to continue caring, we can discuss how to support this, and if you don't want to continue, we can discuss the alternatives.
- If relevant, support with education, employment, training or volunteering.
- Support to plan for any emergencies.
- Ensure you have time to yourself, to do what you want to do

## As a Carer, you may benefit from:

- Having a break from caring
- Emotional support
- Help with caring tasks
- Finance and Benefits advice
- Information about Carer Support Groups
- Carers Training and Education courses.
- Activities and support for under 25's
- Meeting other carers

## Health and Wellbeing Check – a 'light-touch' Carers Assessment

All Carers who live in Torbay can have a Carer's Health and Wellbeing Check from the Carer Support Worker in their doctor's surgery, or from Crossroads Care (details overleaf). They will probably send this out to you before you meet so that, if you want to, you can prepare for the conversation or start filling in the form beforehand. If you have lots of issues that you want to discuss, this will help you prioritise them. The worker can meet you either at home or their office and at the end of your conversation, they will help you decide on an action plan.

## Other Carers Assessments

If you are aged under 25, there are specialist workers who can assess your needs (see overleaf).

If the person you care for is receiving support from Adult Social Care or Children's Services, you can ask for a 'combined' or a 'whole family' assessment with the person you care for or, if your situation is very complicated,



that team can offer you a separate Carers Assessment. However, for all adults, we still recommend that Carers link up with the Carer Support Worker at the doctor's surgery or Crossroads Care as they provide up-to-date support and activities for all Carers.

## Services

Most of the services in Torbay are 'Universal Carers Services' which means that any Carer can use them, but for some services, such as Emotional Support Vouchers there is an eligibility check. The worker can do this with you if you care for an adult in Torbay, but if you care for a child or for someone who lives in another area (and you agree) the worker will forward your assessment on to the appropriate team who can make decisions about any other support that may be available to you.



## Information for Carers

[www.tsdhc.nhs.uk/carers](http://www.tsdhc.nhs.uk/carers)

Signpost for Carers Information Line  
(01803) 666620 or [signposts@nhs.net](mailto:signposts@nhs.net)

Mon - Thu 9am - 4.30pm, Fri 9am - 1pm

Torbay Care Trust Adult Services  
(01803) 219700 Mon - Fri 8am - 6pm  
Out of hours Emergency Duty Team  
0300 456 4876

Torbay Council Children's Services  
01803 208657

Carer Support Workers are based in all GP surgeries in the Bay; contact them at your surgery.

Carers Emergency Response Card,  
newsletter and courses  
(01803) 666620  
[signposts@nhs.net](mailto:signposts@nhs.net)

Carers Benefits Checks, contact Signposts for Carers as above or Crossroad Care on  
(01803) 323510  
[admin@crossroadscaresw.org.uk](mailto:admin@crossroadscaresw.org.uk)

This document can be made available in other formats.  
Contact (01803) 208455

# DO YOU SUPPORT SOMEONE?

# LET SOMEONE SUPPORT YOU.

## What is a Carers Assessment?



**TORBAY**  
COUNCIL

Torbay and Southern Devon  
Health and Care **NHS**  
NHS Trust