



Adult Social Care

Carer's Needs Assessment 2021

I am completing this form because I am interested in (PLEASE TICK):

Information pack for new carers	<input type="checkbox"/>
Carers personal budget	<input type="checkbox"/>
Support for the person I care for	<input type="checkbox"/>
Not sure	<input type="checkbox"/>

Carers Wellbeing Service (Calderdale) can provide support with completing this form or info for carers:

Tel: 01422 369101 Email: carers.wsc@makingspace.co.uk

Carer's Needs Assessment

Adult Social Care

Who is a carer?

By 'carer' we mean someone providing care for a friend, relative or neighbour who would not be able to manage without this help because of age, illness or disability.

The carer must not be employed to provide this care and must not receive payment other than benefits.

If you are a carer providing, or intending to provide care to an adult (18+) you are entitled to an assessment of your own needs.

What is a Carer's Assessment?

Carers have the right to a Carer's Assessment under the Care Act 2014 and the Children and Families Act 2014.

A Carer's Assessment looks at the needs of the carer, separately from the needs of the person they provide care for. It takes into account pressures on the carer created by the caring role. You may have been providing care for many years, or you may be new to it – either way a Carer's Assessment can help Adult Social Care to arrange appropriate support to you and the person you provide care for. It may lead to an increase in the range or amount of services, which could in turn help you. If the person you care for refuses a community care assessment you are still entitled to a Carer's Assessment and services that will support you in your caring role.

Who fills in the details?

You can complete sections 1 to 6 yourself or with help from a friend or family member, or with the worker carrying out your assessment if you prefer. You can ask not to be assessed by the same worker that assesses the person you provide care for. Depending on the content of the assessment a worker may contact you to complete a Carers Support Plan which looks at what support is available to meet your needs.

If you would like help with any of the questions, you can ask the Carers Wellbeing Service (Calderdale) or Calderdale Mental Health Carers Support Service. These organisations are independent of Adult Social Care.

What happens next?

Once the information has been completed you and any worker carrying out your assessment and any helper/advocate involved will need to sign section 7. The worker will take a copy to keep on file and return a copy to you.

If you complete this form yourself, please email or post it back to:

GatewaytoCare@Calderdale.gov.uk

Gateway to Care
Halifax Town Hall
Crossley Street
Halifax
HX1 1UJ

1. About you (the carer)

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Postcode:

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11

10

7

11

10

11

2. About the person you provide care for

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Postcode:

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Mobile

Date of Birth
dd/mm/yyyy

GP's Surgery

Relationship to you

How long have you
been the main carer?

Condition/Diagnosis

Do you live with the above person?

Yes

☐

No

☐

If NO, do they live in Calderdale?

Yes

☐

No

☐

How often do you provide care for them?

Daily

☐

A few times
a week

☐

Weekly

☐

Do you provide care for more than the above person? Yes

☐

No

☐

If YES, please provide
details

Relationship to you

How long have you
been their carer?

Condition/Diagnosis

3. The support you provide

Please tick any tasks that you do for the person you care for:

☐☐☐

Personal Care**Preparation of food/cooking****Medication**

Using the toilet/continence

☐

Housework/shopping

☐

Medical Support

☐

Lifting, handling or moving

☐Dealing with form,
letters and services☐

Managing Money

☐Supervision to ensure
personal safety☐Communication/
interpretation☐

Support at Night

☐Support with Mental
Health needs☐Support to go out
and about☐

Any other tasks:

Averaged over the week, how many hours each day do you spend doing these tasks?

Under 4 hours

☐

4-8 hours

☐

8-12 hours

☐

12-16 hours

☐

Over 16 hours

☐**Please indicate on average how many hours support each day the person you care for gets from other people (e.g. family, friends, home care provider).**

0 hours

☐

0-2 hours

☐

2-4 hours

☐

4-8 hours

☐

Over 8 hours

☐**4. Your needs****4a. Maintaining your own health and wellbeing**

Being a carer can affect you physically and mentally, for example you may not get enough sleep or rest, your own health problems may become worse or new ones may have developed, you may feel under strain physically or emotionally and it may have had an effect on your relationship with the person you care for or other relatives.

What effect does being a carer have on your health and wellbeing?

None

☐

Slight

☐

Moderate

☐

Great

☐Please provide further
details:**4b. Getting enough sleep**

Having someone else to care for can sometimes affect your sleep. You may have to provide care during the night, or you may have difficulty sleeping due to the stress of being a carer.

Being a carer has an effect on my sleep:☐☐☐☐

Never

Sometimes

Often

Always

Please provide further details:

4c. Personal disabilities and health problems affecting your day to day life

Having health problems or disabilities yourself can affect your daily life. If you have a health problem or disability, please tick the statement that applies to you

Do you consider yourself to have any of the following conditions:

Sensory impairment

☐

Learning disability

☐

Mental health

☐

Physical condition

☐

The effect on my ability to carry out daily tasks is:

None or slight

☐

Some effect

☐

Moderate

☐

Great

☐

Please provide further details:

4d. Work and other commitments

Carers often have other responsibilities such as paid or voluntary work or training, or children to look after. This can take up a lot or a little of your time.

Please tick the statement that most applies to your situation:

☐

I currently have no other commitments

I am in work, training or education and I find it difficult to combine this with caring.

☐

I need/would like to care for another person but I can't.

☐

I have children/grandchildren to look after but I can't due to my caring role

☐

I need/would like to return to education, training or work but I feel that I can't due to my caring role

☐

Please provide further details:

4e. Having a break

Having regular breaks from caring can give you chance to rest or do things, and this can help you feel less stressed and ready to carry on caring.

Please tick the statement that most applies to your situation:

I need to take time off from caring but there is **no-one** else willing, able or suitable to provide care whilst I'm away

☐

I need to take time off from caring but there is **not always** someone else willing, able or suitable to provide care whilst I'm away

☐

I am happy at present with my caring role and I can manage without any extra time off

☐

Please provide further details:

4f. Family and Friends

Being a carer can sometimes mean you have less time or energy to spend with loved ones, friends and relatives, or to develop new friendships and relationships.

As a carer, I feel I have time for friendships and relationships:

Never/rarely

☐

Sometimes

☐

Often

☐

Always

☐

Please provide further details:

4g. Having a life of your own

Caring for someone can make it difficult to find time for hobbies, leisure and social activities or spiritual and cultural needs.

As a carer, I feel I have time for a life of my own:

Never/rarely ☐ Sometimes ☐ Often ☐ Always ☐

Please provide further details:

4h. Emotional support

A lot of carers feel the need for some emotional support. Some people get emotional support from friends and family, others get it by attending carers support groups or from online carers forums.

As a carer, my needs for emotional support are:

Well met ☐ Partly met (I need a bit more emotional support) ☐ Not met at all (I need a lot more emotional support) ☐

Please provide further details:

4i. Information and communication

People who are new to caring often say that they find it difficult knowing where to find information. Carers getting support from other agencies can find liaising with them stressful at times.

As a carer, getting information or liaising with services causes me stress or concern:

Never/rarely ☐ Sometimes ☐ Often ☐ Always ☐

Please provide further details:

4j. Making use of local facilities when necessary

Being a carer can make it difficult to find time to access local services such as doctors, banks, hairdressers, dentists when you need to.

As a carer, I feel I have time to access local services when needed:

Never/rarely ☐

Sometimes ☐

Often ☐

Always ☐

Please provide further details:

4k. Managing money/affairs

Managing money, paying bills and dealing with the benefits agency on behalf of the person you can for can be difficult. You may have power of attorney, solicitors or trustees to deal with.

My role as a carer means that I have difficulty managing money/affairs:

Never/rarely ☐

Sometimes ☐

Often ☐

Always ☐

Please provide further details:

4l. Home environment

Spending a lot of time caring can mean you don't have enough time to keep on top of other household tasks such as housework, laundry, shopping and gardening.

The time I spend caring means I have difficulty keeping on top of household tasks:

Never ☐

Sometimes ☐

Often ☐

Always ☐

Please provide further details:

4m. Feeding yourself

Sometimes carers are so busy caring that they don't have the time or energy to shop for food, cook or eat properly.

Please tick the statement that most applies to your situation:

Caring does not affect my eating ☐

I sometimes don't cook or eat properly due to my caring role ☐

I often don't cook or eat properly due to my caring role ☐

Please provide further details:

4n. The impact of caring on your life

Having someone to care for can affect people in different ways. The impact on your life will depend on how much caring you do and what else you have going on.

Please tick the statement that most applies to your situation:

My caring responsibilities only have a **small impact** on my daily life. ☐ I experience **some** difficulty and stress in caring tasks, and there is **some** impact on my lifestyle. ☐

My caring role has a **significant impact** on my lifestyle and has led to stress and/or health issues. ☐ My caring role has a **very heavy** impact on my lifestyle. It **greatly** affects my health and wellbeing ☐

Please provide further details:

4o. Your view of the future as a Carer

Please tick the statement that most applies to you:

I am able to continue as at present ☐ I will need a lot more help quite soon ☐ I am unable to continue to provide care ☐

I will be able to continue if more help is provided in the near future ☐ I cannot continue without immediate help ☐ I do not want to continue to provide care ☐

Please use this box to tell us what support you feel you need:

5. Carers Emergency Back Up Plan

Have you completed a Carers Emergency Back Up Plan?
(A plan for emergency support if the carer is unavailable)

Yes ☐ No ☐

If YES, is it up to date?

Yes ☐ No ☐

If NO, would you like support in completing one?

Yes ☐ No ☐

6. Confidentiality

If a person is considered at risk any information given will be acted on immediately.

However, in all cases, it may help if we can tell other agencies, including health services and voluntary agencies, some of the information you have given us.

May we pass on this information?

Yes ☐ No ☐

7. Equality Monitoring Information

Ethnicity (Please tick)

White British	<input type="checkbox"/>
White Other	<input type="checkbox"/>
Asian/Asian British	<input type="checkbox"/>
Black/Black British	<input type="checkbox"/>
Mixed	<input type="checkbox"/>
Other	<input type="checkbox"/>
Prefer not to say	<input type="checkbox"/>

Faith (Please tick)

Buddhist	<input type="checkbox"/>
Christian	<input type="checkbox"/>
Hindu	<input type="checkbox"/>
Jewish	<input type="checkbox"/>
Muslim	<input type="checkbox"/>
No religion	<input type="checkbox"/>
Other	<input type="checkbox"/>

Prefer not to say	
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Employment Status (Please tick)

Employed	
Unemployed	
Retired	

8. Signatures

Signed (Carer):

Date:

If someone helped you answer the questions, they should sign as well:

Signed (Helper/Advocate)

Date:

Signed (Assessor):

Date:

Contact us

Gateway to Care

01422 393000

Email: GatewaytoCare@calderdale.gov.uk

Emergency Duty Team

If you need to contact us out of normal office hours, where urgent help is needed, call
01422 288000

Complaints

If things go wrong please tell us

If you are unhappy with a service, or a decision made, please tell us first so that we can try to put things right. If problems cannot be sorted out by direct discussion with the person it concerns, you can discuss them with that person's manager or a member of staff you trust.

Complaints

If you are not happy with any social care service provided or arranged by the Council you can make a complaint. For more details, or to make a complaint contact The Complaints Manager on 01422 392279

Carers Wellbeing Service (Calderdale)

The Carers Wellbeing Service (Calderdale) is there to support all adults who care in Calderdale, whether they are caring for an adult or child, relative, friend or neighbour. They are independent of Adult Social Care.

Carers Wellbeing Service (Calderdale):

We are here to help unpaid adult carers in Calderdale who are 18 and over and offer support to young adult carers (aged 18-25) and parents of children with a disability.

If you choose to support someone with a long term health condition or disability we can help you do so without detriment to your health or to inclusion in society.

Our professional and caring support workers provide a free service to carers across Calderdale.

The service provides an extensive range of resources designed to improve unpaid carers' quality of life. The team support carers by providing information and advice, one-to-one support, help getting into employment, carers breaks and social activities and groups.

We will get to know you and your situation so we can give you the most relevant and appropriate guidance and support.

Address: Carers Wellbeing Service (Calderdale), Suite 6b, Rimani House, 14-16 Hall Street, Halifax, HX1 5BD

Telephone: 01422 369101

Email: carers.wsc@makingspace.co.uk

Website: www.makingspace.co.uk/carers-wellbeing-service-calderdale

Calderdale Mental Health Carers Support Service

If you care for someone with a mental health condition, we will be able to help you.

The Carers Support Service has a team of experienced carer support workers working throughout Calderdale. This service also provides an extensive range of resources designed to improve unpaid carers' quality of life. The team support carers by providing information and advice, one-to-one support, help getting into employment, carers breaks and social activities and groups, as well as working closely with the community mental health teams and acute hospital.

We will get to know you and your situation so we can give you the most relevant and appropriate guidance and support.

We have a successful history of supporting carers of people who experience mental health issues. We aim to provide an easily accessible source of help and support during times of greatest need.

We can help by:

- Providing a 'listening ear' – we believe that giving you the opportunity to talk to someone about your caring responsibilities and the chance to express how you feel can be a huge relief. Particularly if you feel isolated and unable to get support from friends or family. Talking to someone who can empathise and understand can help make a stressful time easier to bear.
- Signposting you to clear and accurate information
- Giving you help, support and information
- Empowering carers to have a voice about services.
- Supporting your own mental wellbeing and developing strategies to cope and to promote your own independence and needs.

How to contact us:

If you wish to use the service, you can contact us yourself or ask the care co-ordinator (social worker or CPN) of the person you care for to refer you.

Email: carers.calderdale@makingspace.co.uk

Telephone: 07813 342856 / 07815 493442 / 07815 493439

Website: www.makingspace.co.uk/calderdale-mental-health-carer-support

Calderdale Council Young Carers Service
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The Young Carers Service works with children and young people to try to minimise the impact that their caring role has on them. It is for those aged 8-18 years, who live with someone who has:

- an illness or disability;
- mental health or substance misuse issue.

It offers:

- An assessment to find out your needs and to make sure the right support is given.
- A range of services based on your needs, which includes:
 - Respite activities;
 - Individual or group work;
 - Support in school;
 - Support for the whole family.

Email: calderdaleyoungcarers@Calderdale.gov.uk

Telephone: 01422 261207

Freephone: 0800 389 5785