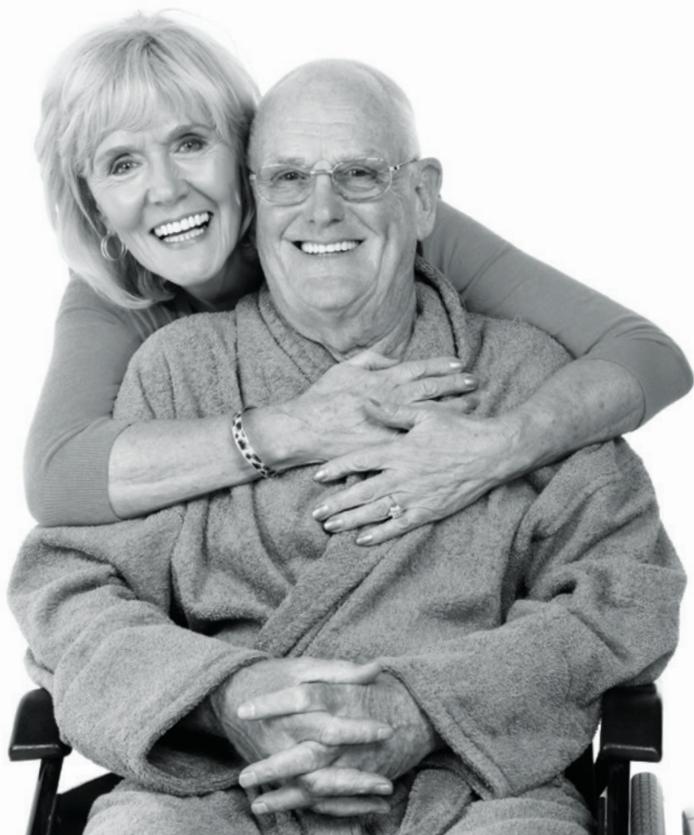


Providing care in 2015 - new carer's assessment

If you provide care for someone, or you're thinking about taking on a caring role, you may be entitled to additional support



New carer's assessment 2015

If you provide care for another person or you're considering taking on a caring role, you need to be aware that a new carer's assessment is being introduced this year. Changes to legislation mean that, from April 2015, if a carer requests an assessment or appears to require support, local authorities will have a legal responsibility to carry out an assessment and determine whether that person is eligible for support.

CABA support officers are on hand to support you throughout the process wherever we can.

You can contact us anytime of the day or night. Call **01788 556 366** or chat to us online at caba.org.uk/letstalk

What is a carer's assessment?

The purpose of the assessment is to identify any needs you might have and whether or not you're eligible for additional support. It will be an opportunity for you to take a step back and think about the different ways that caring affects all aspects of your life, particularly your physical, mental and emotional wellbeing.

The assessment can be carried out face-to-face or, if you prefer, over the phone or online.

CABA can help you with applying and preparing for the assessment, supporting you to think about questions like these:

- Do you want to continue being a carer?
- What changes, if any, would make your role easier?
- Do you have any physical or mental health problems such as stress or depression which make caring more difficult?
- Are your relationships with other people affected by your caring role?
- Does being a carer cause any problems at work, for example are you often late?
- Do you have time to yourself to rest, enjoy hobbies or study?

Who can apply for a carer's assessment?

Anyone who provides, or is thinking of providing, care on a regular basis can request an assessment, even if the person you care for doesn't want one. You don't have to live with the person you're caring for, or provide a lot of hours of care to be entitled to an assessment. **It's about how caring affects your life.**

If you're not sure about whether you would be entitled to an assessment, contact CABA and talk it through with one of our support officers.

How do I arrange a carer's assessment?

You can request a carer's assessment by contacting the local authority adult social care department of the person you look after.

Your wellbeing

Over the years, we've supported large numbers of carers in the chartered accountant community, and we know that while it often feels important to provide care for a loved one, the role can be challenging and demanding. CABA offers a range of free, confidential support services including online, telephone and face-to-face counselling, debt advice and various forms of financial assistance. We may be able to help with funding for respite care or provide grants for aids and household adaptations. We can also help you access specialist support services from public, private or charitable organisations.

We're here to help, whenever you need it.

Call **01788 556 366** or chat online at caba.org.uk/letstalk



“Even if you look after family members around the clock, you tend not to think about yourself as a carer. They’re your family – of course you look after them. But the reality is, it’s a very demanding role, and at times you need a bit of help”

– Rachel

To find out more about the carer’s assessment and other support for carers visit caba.org.uk/carers-assessment2015

Call CABA 24 hours a day +44 (0) 1788 556 366

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All calls are confidential



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write to us, email marketing@caba.org.uk or phone + 44 (0) 1788 556 366