

carers assessments

Carers have a statutory right to their own assessment, even if the person they care for does not wish to engage with services.

Carers often feel that if the person who is ill is receiving the right services then their needs are being met. It is important to realise that this is not an assessment of your ability to care or your financial status. It can be a difficult process to go through: admitting being a carer, admitting how much it involves. However, if the assessment is offered at the appropriate time and by someone willing to spend time helping you through it, it should enable you to identify where you may need support and how to get it. This should improve your ability to cope with your role.

The assessment may be offered during the care plan meeting, by the care coordinator. If not, then it is perfectly alright for you to request one when you feel comfortable about it. If it is offered in front of the person you care for you might feel uncomfortable accepting it. If you do turn it down this does not stop you approaching the care co-ordinator later to accept the carers' assessment.

Ask, also, that whoever carries out the assessment will actually spend time with you, helping you to fill out the form. You may find that discussing different issues helps you to be clearer about your role, your needs and what if anything can be done to lighten the burden.

October 2005