



Caring for Carers in Haringey Carer's Supported Self-Assessment Questionnaire

Carers have rights too!

If you are an unpaid carer who looks after a family member, friend or neighbour who cannot manage without you, you have the right to a carer's assessment.

This is your right in law. The revised national Carers Strategy (2010) also seeks to give carers more choice and better opportunities.

You do not have to live with the person you look after to qualify for a carer's assessment, and you are entitled to one even if they do not want to receive help from Adult Social Services.

Carers are of all ages and backgrounds. A carer can be:

- an adult looking after another adult
- an adult looking after a child with disabilities
- a young person under the age of 18 who is caring for a parent

Why you need an assessment

The Supported Self-Assessment Questionnaire gives you the opportunity to discuss any help you need with caring and with maintaining your own health and well-being. Whilst it is a self-assessment, we will usually arrange for someone from Adult Social Services or a health professional to discuss the assessment with you. Your responses to the questionnaire will be used to determine what help and support is provided to you. This may be in the form of a personal budget (formerly known as Flexible Carers Service or Take a Break).

What does an assessment involve?

An assessment of your needs usually takes place in a face to face meeting, sometimes at the same time as the community care assessment of the person you look after, if you are both agreeable. You are encouraged to complete the questionnaire prior to the meeting, if you are comfortable doing so.

Alternatively, you can ask for an assessment at a separate time. You can have a friend or advocate with you to help express your needs.

Questions we will ask you

- What tasks do you carry out as a carer?
- Are you able and willing to continue caring?
- Do you work, or do you wish to work?
- Do you want to do any training or adult education?
- Do you have leisure interests you can no longer pursue because of your caring role?

Social services can give help and support directly to you, or give help directly to the person you care for.

What you need to do

Think about your needs and the amount of care giving you can actually manage.

After your assessment

You will receive a copy of the assessment and the support plan you and the assessor have agreed. If you have requested a service, you will receive confirmation of funding that has been agreed.

We will make sure you know:

- what is going to happen next
- who to contact for support
- the date when we will review your needs to make sure the help provided is working out.

If you are not happy with the outcome of the assessment, you can challenge the decision or make a complaint.

How to request a carer's assessment

Tell the care manager or care co-ordinator of the person you care for. If you are not in contact with someone from Adult Social Services directly, telephone the Integrated Access Team on 020 8489 1400.

To refer a young carer, contact Haringey's Young Carers Project on 020 8489 4894, with the agreement of the young carer and their parent.