

## PUBLIC INFORMATION

# Are you caring for someone?

## Carers' Health and Wellbeing Checks / Carers' Assessments

### Am I a Carer?

If a family member, friend, or neighbour cannot manage without your help, you may be a Carer. You are a Carer if you help them because they have any:

- Disability
- Hearing or sight loss
- Emotional support needs
- Long-term illness or condition including cancer
- Drug / alcohol issue
- Mental ill health
- Age-related frailty
- Vulnerability

You are an unpaid Carer even if you get Carers' benefits, but not if it is your paid or voluntary job to care.

### Carers help with:

- Appointments
- Personal care
- Practical help like shopping, cooking or laundry
- Making sure that the person is okay
- Managing behaviours
- Finances
- Anything else that supports the person you care for

Whatever age you are, there is support for you. If you don't like the word 'Carer', there is still support for you.

### Carers' Health and Wellbeing Checks

(also known as Carers' Assessments or Carers' Conversations)

Most Carers value having a conversation with someone who knows about Carer support. If you care for someone in Torbay, almost all Carer support is free. Some

support needs an eligibility check first. Some Carers just want quick advice. If you are 25 or under, there are specialist workers to talk to.

A Carer's Health and Wellbeing Check is a conversation about your caring role and how it affects you. It is not an assessment of your caring ability. It will not affect your benefits. It is a conversation to see:

- What is going well
- What help you might need, both now and in the future
- Whether you are looking after your own health and wellbeing
- Whether you want to change how much care you provide.

The person you care for does not need to be getting services or help for you to have this check. They may see you as family or friend rather than their 'Carer'. There is no financial assessment or charge.

If your situation is complicated, you can ask Social Care for a 'combined' Carer's Assessment. This is where they assess your needs at the same time as the person that you care for.

### Having a Carer's Health and Wellbeing Check

You can choose how to have the check:

- **By yourself** (a self-assessment) - fill in the form. Then speak to Signposts for Carers about any help you need.
- **With a bit of help** (a supported self-assessment) - fill in as much of the form as you can. Then have a conversation with the Carer Support Worker at your doctor's surgery or Carers' Aid Torbay and talk about what you have written.
- **With a support worker** - ask for a meeting with the Carer Support Worker at your doctor's surgery or Carers' Aid Torbay. You can have a conversation and fill in the form together.

### Scan to go to Carer's Health and Wellbeing Check



### What happens next

At the end of the Check is an action plan, where you decide what should happen next. You may link to **free**:

- Back-up planning in case something happens to you
- Practical advice / support with caring
- Emotional support
- Finance, benefits and cost-of-living support
- Hospital parking when supporting the person you care for
- On-line resources

- Having a break from caring
- Discounts in local shops
- Courses for Carers (some cost money)
- Local groups or activities (some cost money)
- Specialist Carer support workers (mental health, dementia, hospital, learning disability, autism, drug or alcohol, under 18s, 16-25 year olds)
- Further support if needed.

**If you care for a child** with eligible special educational needs or disabilities, you may also need a Parent Carer Needs Assessment (PCNA) from Children's Services. If you wish, the worker who completed the Check can send it to Children's Services to help with the PCNA.

**If you care for an adult**, the worker who completed the Check can offer extra basic support if you are eligible.

This might include a small Direct Payment or Emotional Support Vouchers. These Carers' Services are free. If you need more support, the worker will link you to Adult Social Care. They will ensure that the support to the person you care for also supports you. They may also be able to organise extra support for you.

### **Contact Us**

Call Signposts for Carers 01803 66 66 20, 9am-4.30pm Monday – Friday

Email [signposts@nhs.net](mailto:signposts@nhs.net)

Meet your Carer Support Worker at your doctor's surgery or Carers' Aid Torbay (based in Torquay) 01803 323 510

Drop into one of our Carers Centres (details on our website below)

Visit us online [www.tsdf.tor.gov.uk/carers](http://www.tsdf.tor.gov.uk/carers) or on [www.Facebook.com/TorbayCarers](https://www.facebook.com/TorbayCarers)



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For further assistance or to receive this information in a different format, please contact Carers Services on 01803 66 66 20 [signposts@nhs.net](mailto:signposts@nhs.net)