Carers Leeds

Your Guide to Adult Carers Assessments



Support Line
0113 380 4300

Carers Leeds

Adult Carers Assessment

If you are an adult providing unpaid care for another adult who couldn't manage without your help, you have a legal right to a Carers Assessment.

A Carers Assessment can give you the chance to discuss how your caring responsibilities affect your wellbeing and quality of life, and to discuss any support that might help make your life easier.

What is a Carers Assessment?

A Carers Assessment is a conversation with you about what matters most to you and what might help you to be better supported in your caring role. Your carers assessment should:

- provide you with the opportunity to discuss how caring might be affecting your health and wellbeing as well as your work, education, training, or hobbies
- seek to establish whether you feel willing and able to carry on providing care
- identify any needs that you have and how those needs could be met

Carers Leeds can help.

You can ask Carers Leeds to refer you for a Carers Assessment by contacting our Support Line on 0113 380 4300 or by emailing support@carersleeds.org.uk



Who will carry out your Carers Assessment?

Carers Assessments in Leeds are carried out by professionally trained social work staff who work for Leeds City Council's Adult Social Care Team. This may be someone who is already supporting you or the person you care for, or it may be someone you have not met before.

What happens after your Carers Assessment?

After your Carers Assessment, you will be told what needs have been identified during the Carers Assessment, which of those needs Adult Social Care will meet, and how they will be met. Not all carers will be eligible to have their needs met by Adult Social Care, but this will be explained if this applies to you.

Preparing for your Carers Assessment

Remember that your Carers Assessment is about what matters to you, how caring might be affecting you, and what might help you in your caring role. We recommend that you spend some time before your Carers Assessment thinking about things you want to discuss. If you wish, you can use the 'prompt questions' on the next two pages of this guide which are also available on our website.

Visit our website

Visit carersleeds.org.uk/carersassessment for more information and resources to help you with your assessment.

You can also scan the QR Code to complete the prompt questions online. We will email you a copy so you have your prompts for future reference.

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Carers Assessment Prompt Questions

About me

My name is _____ and I am _____ years old.

I care for my _____. (E.g. husband, wife, son, daughter, mum, dad, partner.)

The condition that best describes the person I care for is _____.

(E.g. physical condition, mental ill-health, disability, frailty, dementia, sensory impairment, genetic condition, old age, or alcohol/substance misuse.)

These are the caring tasks that I do:
(E.g. helping with personal needs such as washing, dressing and using the bathroom, providing emotional support, managing finances, helping someone with practical activities such as shopping, ensuring someone is safe from harm.)

These are words or phrases that describe how I feel:
(E.g. feel free to use words or phrases that describe a bad day!)

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This is how I feel caring affects me:
(E.g. does it leave enough time for you? Do you often feel drained or lonely or frustrated? Do you get enough sleep? Do you get back ache from lifting someone regularly? What things are you struggling with? What things did you used to enjoy that you can't do anymore? Is balancing care and work challenging?)

These are things that I think might help make things easier:
(E.g. having a break or some 'me' time, help around the house, getting into or back to work, having an emergency plan, extra support for the person I care for, advice about money and benefits, adaptations to the home, pendant alarms, someone to talk to, joining a support group.)

These things are important to me:
(E.g. faith or religion, interests, hobbies etc.)

About Carers Leeds

Who are we?

Carers Leeds offers free support and information to unpaid carers across Leeds. A carer is someone who, without payment, provides support to a family member or friend, who, due to illness, disability, dementia, mental health issues or an addiction, cannot manage without their help.

We can help you through our:

- Support Line (telephone, email and webchat) – someone to talk to, information and guidance.
- 1:1 support – in person or on the phone.
- Support groups – meet with people who have similar experiences as you.
- Information to help you in your caring role.

We can support you to manage your own health, wellbeing and relationships, as well as your caring role. We can also offer guidance on managing money and practicalities, and how to get time to yourself.

Get in touch

Call Us 0113 380 4300
Mon, Wed, Thu, Fri: 9am - 4.30pm
Tue: 9am - 6.30pm

Webchat Click the live chat icon on our website to speak with a member of our team.

Website Visit carersleeds.org.uk for more information and resources.

Email support@carersleeds.org.uk



Do you look after a family member or friend?

Carers Leeds can help.

ਸਤ ਸ੍ਰੀ ਅਕਾਲ

ਕੀ ਤੁਸੀਂ ਪਰਿਵਾਰ ਦੇ ਕਿਸੇ ਮੈਂਬਰ ਜਾਂ ਦੋਸਤ ਦੀ ਦੇਖਭਾਲ ਕਰਦੇ ਹੋ?

ਦੇਖਭਾਲ ਕਰਨ ਵਾਲੇ ਲੀਡਸ ਮਦਦ ਕਰ ਸਕਦੇ ਹਨ।



Czy opiekujesz się członkiem rodziny lub przyjacielem?

Opiekunowie Leeds mogą Ci pomóc.

السلام عليكم

هل تعتني بأحد أفراد العائلة أو الأصدقاء؟

يمكن لمقدمي الرعاية في ليدز المساعدة.

خوش آمدید

کیا آپ خاندان کے کسی رکن یا دوست کی دیکھ بھال کرتے ہیں؟

ہم مدد کر سکتے ہیں۔



Ai grijă de un membru al familiei sau de un prieten?

Careers Leeds vă poate ajuta.

Support Line
0113 380 4300

Website carersleeds.org.uk
Email support@carersleeds.org.uk
Facebook Carers Leeds
Linkedin Carers Leeds

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Scan to subscribe to our newsletter.

Carers Leeds

Mill 6, Ground Floor One
Mabgate Mills,
LS9 7DZ

Need information and support?

Call	0113 380 4300
Email	support@carersleeds.org.uk
Website	carersleeds.org.uk

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