

## **Carers Assessments / CRESS**

**Your local council Social Services Department may be able to help you with a Carers' Assessment**

- They can provide services to the person you care for. They can also provide services for you.

**To work out what services would be helpful in your situation, social services need to discuss:**

- The help the person you care for needs
- The help you are giving at the moment
- The services your council may provide
- The way this is done is called an "assessment"

**You, as a carer may be involved in several ways:**

- If you care for a disabled child your needs will be considered as part of an assessment of need for your child and family.
- If you care for an adult you can have a carers assessment to discuss the help that you need. This can happen even if the person you care for refuses help. You should also be able to contribute to the discussion of the needs of the person you care for (their Community Care Assessment).

**What your assessment is for and some things you may want to consider:**

- Your carers assessment is your opportunity to tell social services about the things that could make caring easier for you.
- Do you get enough sleep?
- Is your health affected in other ways?
- Are you able to get out and about?
- Do you get any time for yourself?
- Are your other relationships affected?
- Do you want information about benefits?
- Are you worried you may have to give up work?
- Is the person you care for getting enough help?

## What sort of services might help you?

- Services that give you a break
- Emotional support from other carers or people who understand
- Help with household tasks
- Help with caring tasks during the day / night
- Benefits advice
- Activities for the person you care for

## Useful Numbers:

- Adult Social Care Direct 0845 608 0191  
Website: [www.eastsussex.gov.uk/socialcare](http://www.eastsussex.gov.uk/socialcare)
- PRTC – Princess Royal Trust for Carers: 020 7480 7788  
Website: [www.carers.org](http://www.carers.org).
- Carers UK 0808 808 7777  
Website: [www.carersonline.org.uk](http://www.carersonline.org.uk)

## CRESS – Carers Respite Emergency Support Service

Many carers worry about what would happen to the person they care for if, for example, they became ill or were involved in an accident. CRESS is intended to provide carers with peace of mind by ensuring that alternative short-term, home-based care can be put in place in the event of an emergency.

As part of a Carer's Assessment, carers can record a contingency plan. The plan will need to be in place within two hours and will last for up to 48 hours (72 if over a bank holiday) while longer-term support is arranged. Ideally, carers will identify three people / care providers who will be able to step into a caring role. This could be a relative, friend or a care provider already known to the family.

To find out more about CRESS contact Social Care Direct:

Phone: 0845 60 80 191  
Minicom: 01323 4666 30  
Email: [socialcaredirect@eastsussex.gov.uk](mailto:socialcaredirect@eastsussex.gov.uk)

### What to do in an emergency

If you are a carer and you need support or advice in the event of an emergency, during the day you can contact:

Social Care Direct

Tel: 0845 60 80 191 (calls charged at a local rate)  
Minicom: 01323 4666 30  
Fax: 01323 466567  
Email: [socialcaredirect@eastsussex.gov.uk](mailto:socialcaredirect@eastsussex.gov.uk)  
Website: [www.eastsussex.gov.uk](http://www.eastsussex.gov.uk)

You can also contact them by text message from your mobile phone. Please text to 07797 878111