



**If you look after someone who can't manage without your help and they live in East Sussex, you can have a carer's assessment. You may be an adult or child under 18 caring for a family member, partner, friend or neighbour.**

# CAN I HAVE A CARER'S ASSESSMENT?

You can have an assessment even if the person you look after has not had a needs assessment or is not eligible for support.

If you share caring responsibilities with another person, including a child under 18, you can each have a carer's assessment.

## ***How do I get a carer's assessment?***

You can complete a self-assessment at [eastsussex.gov.uk/socialcare/carers/assessment/](http://eastsussex.gov.uk/socialcare/carers/assessment/) If you need support completing a self-assessment, you can contact **Care for the Carers** on **01323 738390** or by emailing [info@cftc.org.uk](mailto:info@cftc.org.uk)

You can also call **Health and Social Care Connect** on **0345 60 80 191** (Calls are charged at your phone company's local rate and may be recorded) or **Type Talk: 18001 0345 60 80 191**. You can also email [hscc@eastsussex.gov.uk](mailto:hscc@eastsussex.gov.uk) or text message: **07797 878111**.

If an Adult Social Care worker is carrying out an assessment for a person you care for, you can also ask them to look at your needs together and do a joint assessment.

## ***What can I expect when having a carer's assessment?***

We use the assessment to find out more about you, your caring role and how caring impacts you in the following areas:

- **health – physical and mental**
- **work, study, training, leisure**
- **relationships and the impact on the whole family**
- **planning for emergencies – (Carer's Respite Emergency Support Scheme – CRESS)**

## ***What happens next?***

To be able to receive services from Adult Social Care, you need to meet the national 'eligibility criteria' and have what the law calls 'eligible needs'. For your needs to be 'eligible', you must meet all three of the following criteria:

- **your needs are caused by providing necessary care for an adult**
- **those needs put your own health at risk or you are unable to achieve specified outcomes and**
- **as a consequence there is or likely to be a significant impact on your wellbeing**

## ***If I don't have eligible needs***

You will receive a written decision explaining this, along with a copy of your Carer's Assessment. This may include information about what you could do to prevent or reduce your needs in the future. For example, we may give you details of other organisations you can get in touch with.

## ***If I do have eligible needs***

Adult Social Care will develop a support plan with you, having identified how you feel your needs could be met. This could be support just for you, such as counselling or a training course that can be provided by one of many carers' organisations available in East Sussex. You can find out more about these organisations by looking at the **Council's carers' leaflet 'Do you look after someone?'** [www.eastsussex.gov.uk/media/7179/il04-do-you-look-after-someone-october-2016-ebook.pdf](http://www.eastsussex.gov.uk/media/7179/il04-do-you-look-after-someone-october-2016-ebook.pdf)

Once your support plan is agreed, you should have the right information available to you to meet your agreed support needs.

## ***Reviews***

A review ensures that a support plan is up to date and relevant to your needs. Normally, if we're providing support to the person you care for, you will be offered a joint review.

If your needs or circumstances change or those of the person you care for change, you can ask Adult Social Care at any time for a review.

## ***Respite and Breaks***

If it's identified that respite is needed to support you in your caring role, it is usually provided as a service to the person you care for and is subject to a needs and financial assessment.