



Carer's assessment

What is it?

A carer's assessment helps you identify the effects of caring on your life and lets you think about your own needs. It is carried out by local authority social services and enables them to determine what support they may be able to offer you.

How can it help?

Carer's assessments may help you:

- Maintain your own health.
- Balance caring with your work and family life.
- Access respite care.
- Get help at home.
- Find emotional support.

How to get one?

If you're regularly providing a substantial amount of care for someone, social services have a legal duty to let you know that you are entitled to your own carer's assessment.

If social services do not provide any services to the person you're looking after, you can request a carer's assessment from them.

Who to contact?

You will need to identify and contact your local social services department to request an assessment for further advice.

If you have questions about your assessments or need contact details of your local authority, call our free, confidential helpline on 0808 802 02 02 or visit our website, www.nhs.uk/carersdirect.

Carers Direct is a free national service. We offer information, advice and support for people who care for someone else.

Our comprehensive website has over 1,000 articles, 12 videos and a host of web tools to help you make decisions about your caring role. If you prefer to talk to someone about what options are available to you, our helpline advisors are on hand seven days a week, and in confidence, to do just that.

Call free on 0808 802 02 02*
or go to www.nhs.uk/carersdirect

Carers Direct

*All calls from UK landlines and mobile phones are free. Lines are open 8am to 9pm, Monday to Friday, and 11am to 4pm on weekends and bank holidays. Textphone users should call 18001 0808 802 02 02. To use our call back service, in English and other languages, please go to www.carersdirectenquiry.nhs.uk/callback/carers.aspx