

Factsheet – MH4 Am I eligible for a Carer's Assessment?

A carer's assessment is for carers of people over the age of 18 years who are disabled, ill or elderly. If the person you care for has a mental illness it will be an opportunity to discuss with a worker from the Hertfordshire Partnership University Foundation Trust (HPFT) what support or services you need. The assessment will look at how caring affects your life, including for example, physical, mental and emotional needs, and whether you are able or willing to carry on caring.

Under the Care Act 2014 you have a right to an assessment of your own needs. It is **not** an assessment of your ability to be a carer but whether you need any support to help you care for the person and maintain your life outside of caring. During a carer's assessment you will have an opportunity to discuss the support available and agree a care plan for yourself that addresses:

- practical support
- emotional support
- information needs
- time off from caring
- well being
- leisure needs
- welfare benefits
- support to start or maintain training or work
- contingency (backup) plans

Once the carer's assessment has been completed you might be entitled to a Direct Payment to pay for any services that have been agreed.

You are entitled to a carer's assessment even if the person you are caring for does not want to receive services. Carer's assessments are available in partnership with the service user or separately. Research has shown that carers prefer an assessment of their own needs to take place separately and away from the service user and therefore we can offer an appointment at your home or at a mental health centre. Discreetly offering a separate assessment can be very helpful and often results in a more relaxed, frank discussion.

If you care for someone with a Mental Illness and have not had a carer's assessment and would like to request one, please contact –

1. The care coordinator who is responsible for organising services for the person you care for or alternatively the Senior Social Worker of that team.
2. If you have not had any contact with Hertfordshire partnership foundation trust (HPFT) previously, and the person you care for has a known mental health

Making Carers Count

*The information contained on this sheet is correct at the time of issue.
Carers in Hertfordshire takes no responsibility for any inaccuracy in facts supplied to them*

February 2017

problem, phone the Single Point of Access (SPA) 0300 777 0707. They will need your details and those of the person you care for and they will signpost you to the correct team.