



# Help for carers



If you are looking after someone who is disabled, ill or an older person, then you are a carer and you are entitled to a Carers Assessment to see if you can get help.

## Who is a carer?

If you fit the definition below then you are a carer:

“A carer is someone of any age who provides care to someone who:

- ▶ has a physical disability
- ▶ has a sensory impairment
- ▶ has a learning disability
- ▶ has mental health support needs
- ▶ has problems with drug or alcohol misuse
- ▶ has a long-term or chronic illness
- ▶ is an older person who is physically or mentally frail
- ▶ or any combination of the above.”

‘Care’ is defined in a broad way and includes emotional support and help with paperwork (for example, paying the bills, Council Tax, etc.) as well as physical care and domestic tasks.

The person who you care for must live in Enfield. You may be asked to provide evidence of their residency such as a council tax or

utility bills if they are not known to Adult Social Care.

You are **not** considered to be a carer if you are paid to provide personal assistance or support. This includes home care workers, nurses or volunteers from statutory, voluntary or private service providers.

## Getting support if you are a carer

Help is available to support you as a carer through Enfield Carers Centre, Adult Social Care and Children’s Services at Enfield Council. The support available can vary depending on your situation. A Carers Assessment will help identify the support you need.

## What is a Carers Assessment?

A Carers Assessment is a discussion, usually a meeting, where we ask you about what help you may need with caring. You can get support to help you to keep well and healthy and manage caring alongside your other responsibilities and everyday life.

We will ask you about the practical help and support you provide, what you are prepared to continue to do, and what would make managing easier for you.

You will have an opportunity to talk about:

- ▶ the support you provide or intend to provide
- ▶ how caring affects your life
- ▶ what you find difficult at the moment and any concerns for the future
- ▶ if you want to carry on caring and what support you will need
- ▶ what kind of help you may need to give you time to start or continue employment, training and leisure opportunities.

We will discuss with you how we may be able to help, either through specific services or by advising you about the other help you could get, perhaps through voluntary groups. We will not always be able to provide what you think you need but may be able to suggest alternative solutions. This discussion will be drawn up into a Support Plan, which will be reviewed annually, or whenever your circumstances change. As part of this support plan you may be eligible to a direct payment, depending on your needs and circumstances.

## **Who can have a Carers Assessment?**

You have a right to a Carers Assessment if you provide, or intend to provide care to someone who has care and support needs, even if they have refused a community care assessment of their own needs.

## **What if the person I care for does not live in Enfield?**

If the person you care for lives outside Enfield, the local authority in which they live will complete your Carers Assessment. They will tell us if they identify that some of the support should be provided within Enfield.



## **When and where will my Carers Assessment take place?**

- ▶ If the person you care for is going to be assessed, your Carers Assessment can be completed at the same time or you can choose for it to be done separately. This is known as a combined assessment.
- ▶ If you want your assessment completed separately then this will be carried out by Enfield Carers Centre who will arrange a suitable time with you.
- ▶ The assessment will usually take place at Enfield Carers Centre or you can choose to meet us elsewhere near your home and you can have someone with you if you wish. Telephone assessments or home visits are also possible (subject to criteria such as if you have a physical disability or mobility issues yourself).

## **Things to think about before your assessment**

It is important to think carefully about your own needs and the kind of help that would make it easier for you to be a carer. You may find it helpful to keep a diary of everything you do and also consider:

- ▶ Are you happy to continue caring?
- ▶ Are you able and willing to provide care?
- ▶ Is there anything you would rather not do?
- ▶ Do you get enough sleep and does caring affect your health?
- ▶ Does caring make you feel more stressed or anxious?
- ▶ Are you able to get out and about with the person you care for?
- ▶ Do you get any time to yourself?
- ▶ Are other relationships and friendships affected?
- ▶ Are you worried you may need to give up work?
- ▶ Do you wish to work or undertake training?
- ▶ Is the person you care for getting enough help?
- ▶ If you have children, does your caring role affect your parenting role?

## Your assessment

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During the assessment we will talk to you about the different ways services could be provided to support you.

We cannot guarantee that you will be eligible for services but the most likely practical outcomes could be:

- ▶ increased short breaks, sitting services or respite
- ▶ access to benefits
- ▶ contact with local carers groups
- ▶ referrals to services which support your health and well-being
- ▶ help with aids and adaptations to help you provide care in the home
- ▶ emergency planning
- ▶ a Carers Direct Payment.

This help could be from social care services and Enfield Carers Centre but may also be from other parts of the Council or other organisations.

## After your assessment

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Once your assessment has been completed, you will be given a written copy of your assessment and your support plan, which lists any needs we have identified. This will show details of your support or information needs and how they may be met.

## Will I be charged for any of the services I receive?

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Carers who have more than £23,250 in savings will be required to fund their own services. Carers with savings below this figure will not be charged for any services. However many services to carers, for example through Enfield Carers Centre and the voluntary sector, are free to all carers.

If the outcome of your Carers Assessment is to increase the level of community care services for the person you care for, then that person may be charged for this.

For more information about charging, please see our **Community care charges for people living at home** booklet available on our website [www.enfield.gov.uk](http://www.enfield.gov.uk).

## How do I request a Carers Assessment?

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If you feel that any of the support services mentioned may help and you would like to request an assessment or would like further information, please contact Enfield Carers Centre on:

Email: [info@enfieldcarers.org](mailto:info@enfieldcarers.org)

☎ 020 8366 3677

Website: [www.enfieldcarers.org](http://www.enfieldcarers.org)

### Enfield Carers Centre

Britannia House

137-143 Baker Street

Enfield

EN1 3JL

Open: 9am to 5pm, Monday to Friday

## Where can I get more information?

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For more information or for a copy of the following factsheet, visit our website [www.enfield.gov.uk](http://www.enfield.gov.uk) or phone ☎ 020 8379 1001.

- ▶ **CiE02** Carers Register and Emergency Card Scheme

In addition to Carers Assessments, Enfield Carers Centre offers carers a range of services including information, drop-in events and activities. For further information please contact the Carers Centre using the details above.

We want to hear from you if you have a comment, compliment or complaint. Please contact us on: ☎ 020 8379 1001 or pick up a leaflet at Council buildings or visit: [www.enfield.gov.uk](http://www.enfield.gov.uk)

