



## Carer's Self-Assessment

If you provide care for an adult family member, friend or relative, there are a variety of ways in which we may be able to support you. This could be by putting you in touch with other carers or organisations that provide support, arranging time out for you or practical assistance, for example.

This assessment allows you to identify and summarise any difficulties you may have and think about what kind of support you may need to help you in your caring role.

An alternative option is to contact our Health and Social Care Hub on 0300 365 1234 to request a carer's assessment.

If you are a carer for someone who is known to the Wokingham Community Mental Health Team (CMHT) please contact the carers lead on 0118 989 0707

Please complete as much of this form as possible and return it by email to <mailto:ascmailboxassessmentteam@wokingham.gov.uk> or post to Adult Social Care Duty Team, 2<sup>nd</sup> Floor, The Old Forge, 45 – 47 Peach Street, Wokingham, RG40 1XJ

Your details	
Name	
Address	
Postcode	
Date of birth	
Telephone number	
Email address	
NHS Number	
GP Name	
GP Surgery	
<i>If you feel your caring role has become unmanageable, or if someone is hurting you or the person you care for in anyway, please contact us immediately on 0300 365 1234 or out of hours on 0344 786 543</i>	

✓ **Select One Only**

Assessment/Review Type <i>Office use only</i>	Joint carers assessment/review	
	Separate carers assessment/review	

✓ **Select One Only**

Do you need to be supported through the process? <i>An 'appropriate other' can be a family member or friend.</i>	No	
	Yes – appropriate other	
	Yes – independent advocate	

Please provide details of the appropriate other and detail arrangements made where necessary  
*If you feel you need support to help complete this assessment please contact us on 0300 365 1234*

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Name of person you care for	Date of birth	Relationship	Address (if different from where you live)	Please detail the needs that the person you care for has

Please provide details of any other adults you care for

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Summary of your needs and wants

*Please tell us what you need in way of support, and why? What are your own health needs?*

*What are your goals? What would you like to achieve?*

*The criteria we use to assess eligibility are on the next page. You may find it useful as a guide*

*Please continue on a separate sheet if required*

**What Happens Next?**

If you have submitted this form on-line or posted a copy to us you will be contacted by a worker who will go through the details you have given us and discuss ways in which you may be supported.

If agreed that you have unmet eligible needs, we will develop a Carers Support Plan with you to understand how these needs will be met.

If you don't have eligible needs at this current time, you will be given a written explanation explaining this. You will also be given advice and information about what could be done to prevent or reduce your needs either now or in the future

## Carers National Eligibility Criteria (from April 2015)

A carer's needs meet the eligibility criteria if:

- The needs arise as a consequence of providing necessary care for an adult
- The effect of the carer's needs is that **any** of the circumstances specified below apply to the carer
- As a consequence of that fact there is, or is likely to be, a significant impact on the carer's well-being

The circumstances specified are:

The carer's physical or mental health is, or is at risk of, deteriorating

The carer is unable to achieve **any** of the following outcomes:

- Carrying out any caring responsibilities the carer has for a child
- Providing care to other persons for whom the carer provides care
- Maintaining a habitable home environment in the carer's home (whether or not this is also the home of the adult needing care)
- Managing and maintaining nutrition
- Developing and maintaining family or other personal relationships
- Engaging in work, training, education or volunteering
- Making use of necessary facilities or services in the local community, including recreational facilities or services
- Engaging in recreational activities

For the purpose of the circumstances above, a carer is to be regarded as being unable to achieve an outcome if the carer:

- Is unable to achieve it without assistance
- Is able to achieve it without assistance but doing so causes the carer significant pain, distress or anxiety, or
- Is able to achieve it without assistance but doing so endangers or is likely to endanger health or safety of the carer, or of others