

What's The Purpose of a Carers Assessment

A Carers Assessment is undertaken by the council to identify if someone who is caring for an adult who is disabled, ill or elderly, is eligible for support. Whilst the word 'assessment' may be off-putting for some, the Carers Assessment is simply a way to identify areas in which extra support can be provided to make your life as a carer easier.

The assessment will look at how caring for another person affects you both mentally and physically and how it impacts on your lifestyle. Are you getting enough sleep? Is juggling work and caring difficult? Can you still partake in your hobbies and socialise? Finding out how caring affects these things can help the council determine what help you can receive.



Carers assessments can be really helpful in ways that you may not even realise. Some local authorities offer gym memberships and work-out classes to help relieve stress, with some even offering help with taxi fare if you do not have access to transport, and all can help you find assistance with activities such as gardening or cleaning.

According to the Local Government Association (LGA) there are as many as 5.7 million unpaid carers in the UK and the LGA call unpaid carers the "backbone of the care system, many of whom are unable to take a break, putting their own health on the line." As a carer it can be easy to always put others needs before yours, but it is important to identify the ways in this may be impacting your life and wellbeing.

Getting a Carers Assessment is simple, just visit your local authorities website and they will point you in the right direction. If you do not qualify for help from the council, they usually will still put you in touch with local charities or groups that can help make your life easier.

For more information on what to expect from a Carers Assessment, visit this NHS website: <https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/carers-assessments/>

MHM Wales | Union Offices | Quarella Road | Bridgend | CF31 1JW | T:
01656 650 451 | W: www.mhmwales.org | Facebook://mhmwales |
Twitter://mhmwales | Just Giving
<https://www.justgiving.com/mentalhealthmatterswales> Registered Charity
Number: 1123842 Company Number: 6468412

