

Supporting Carers, Family and Friends

A Carers Assessment

The Essex Partnership University NHS Foundation Trust understands that many people don't see themselves as a carer in the formal sense. For example, you might see caring as your duty or responsibility because the person you provide care and support for is a family member, husband, wife, partner, sibling, or friend. The type of support that you provide can be practical, physical and emotional. If you provide care and support for someone who uses our mental health recovery services, under the Care Act 2014 you are entitled to an assessment of your own needs. This is called a Carers Assessment.

Your assessment will be carried out in a convenient and private place. It is your choice as to whether the person you care for is present or not. If it helps, you can have a family member, a friend or a Carers Support Worker from a carer's organisation with you.

In preparation of your assessment, it is useful to spend some time thinking about how your caring responsibilities affect you and how you honestly feel about this. It is also important to start thinking about any help that would make a difference to you as a carer.

The assessment will consider whether or not your caring role impacts on your health or prevents you from achieving your ambitions, for example staying in work or having a social life. We will consider what could be done to help you to combine these things with caring. The assessment will cover:

- your caring role and how it affects your life and wellbeing
- your health – including physical, mental and emotional concerns
- your feelings and choices about your caring role
- your work, study and training commitments
- your relationships, social activities and your personal goals
- your plan for emergencies.

Once your Carers Assessment has been completed, your assessor will prepare a Support Plan with your wellbeing in mind. This plan will include:

- details of any further needs that may have been identified during the assessment
- which needs meet the eligibility criteria for a Direct Payment
- which needs EPUT will support you to meet
- the outcomes that you want to achieve
- information and advice to support you in your role as a carer.

