



Cheshire East Carers Assessment - What to expect on the day:

Intro:

Do you provide unpaid care and support to a family member, partner or friend because of a disability, health condition, frailty, mental health problem, addiction or other health or social care need? Yes? Then we are here to support you! Book a carers assessment today.

Purpose of the assessment:

The assessment is designed to record and identify the impact caring has on your life and what support or services you need to support you in your caring role.

What the assessment entails:

Facilitated by a fully trained and qualified carer support worker, the assessment will take no longer than an hour of your time following a series of topical conversations on how your caring role impacts different areas of your life, including:

- Identifying your personal caring situation
- Information about you
- Identifying what support you currently receive
- Your home and living situation
- Details about your caring role
- Impacts on your social life, building relationships and accessing groups
- Impacts on your work, training, education, and volunteering commitments
- Impacts on your wellbeing (including the views of those who are close to you)
- Opportunity for you to ask questions about your caring role

Where the assessment will take place:

- The assessment will take place in one of our community hubs or at a place of your choosing.
- Our community hubs are located in Congleton, Sandbach, Nantwich, Crewe, Wilmslow, Handforth, Knutsford, and Macclesfield.

Preparing for your assessment:

Before coming to the assessment please think about the following:

- How your caring role currently impacts you and your day to day life
- What you currently do to support yourself in caring role (coping mechanisms)
- How your caring role impacts others close to you e.g. family, friends neighbours

- The views of those close to you on your caring responsibility and how this appears to impact you
- Areas of your caring role you feel you need support in
- Outcomes you want to achieve moving forward in your caring role e.g. better physical health, develop social relationships, access employment, access carer breaks
- If you have any difficulties with communication, require an interpreter or require support with making decisions you may need:
 - Someone to attend the assessment with you so that you can fully explain your situation
 - An advocate (someone to represent you and explain your views); or
 - A mental capacity assessment (to find out if you need someone to help you make important decisions)
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If you would like to find out more information about your carers assessment or to book a carers assessment please:

Call us on [0300 303 0208](tel:03003030208)

Email enquiries@cheshireeastcarershub.co.uk