



Preparing for your Carer Assessment

What is the assessment about?

- Your assessment is an opportunity to consider what you do for the person(s) you look after and how that impacts on your life.
- It's about what is important to you and what you would like to be doing outside of your caring role.

You will be asked about things that you need to do that might be difficult when you are looking after someone such as:

- Other responsibilities and relationships you may have in addition to the person you care for such as other children or family and friends.
- Keeping your home clean and safe.
- Preparing food, cooking and shopping.
- Time to yourself, socialising and spending time with friends and family.
- Working, volunteering and learning.
- Being part of your community (for example: going to the gym or swimming pool, joining a walking or cycling group etc.)

You may not find all these things difficult but even if one thing is we will look at why and if you need help to do it.

How long will it take?

The time it takes really depends on your situation, what you want to discuss, and what suits you. However, most assessments take between thirty minutes and two hours.

If you complete an assessment online, you can save it and go back to it if you are finding it hard to complete all at once.

If we are helping you, we can arrange to complete your assessment over more than one visit, if that is better for you.

What will happen next?

If you completed an assessment yourself online, we would receive a copy of it. Once we receive it, we will contact you to organise a time to discuss it with you.

If we are supporting you, we'll go through what was recorded together and you can decide if you agree with what was written. If you aren't happy with what was written, we will discuss it.

Once we have agreed what is on your assessment, we will discuss whether you need, and would like to receive support. We will agree and make a record of the discussion and we will create a support plan together. We'll agree and record who will do the things that need to be done and how it will happen. It may be that we find things that you can do as well as things that others can do.

While we create your support plan we may talk to you about a carer direct payment and we may agree an amount to be paid to you if you would like it.

Carers face new challenges every day, but they cannot do this alone. Carers Oxfordshire supports these special people in our society to feel less lonely and more able to cope.

Kay Francis, Head of Service

At Carers Oxfordshire we put those who care for others at the heart of everything we do.



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**If someone relies on you
you can rely on us**



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Carers Oxfordshire is the support service for unpaid adult carers in Oxfordshire and is provided by Action for Carers Oxfordshire and Rethink Mental Illness.