

How long will the assessment take?

Assessments take about two hours but this varies from carer to carer.

It might also help if you think about things beforehand. Keep a diary for a few weeks before the assessment and make a note of what you do for the person you care for.

What will I get from the assessment?

Carers have found that having a carer's assessment can be useful. It can help them to think more clearly about their caring situation.

It can also help carers to get more practical help and support. This help could be from Social Services but may also come from other organisations.

Contact organisations

Camden Carers Centre

Advice and support for carers.

020 7428 8950

Camden Adult Social Care

020 7974 4000

Camden Home Care, Occupational Therapy and OT Equipment

020 7974 4000

CRI – Families and Partners

Support Service 0845 450 4582

Support for Camden residents affected by another person's drug or alcohol use.

KIDS

020 7520 0405

Information and support for families of disabled children.

Making Space

**020 7530 6423
or 07872 189 783**

Support for carers of people with mental health problems.



Camden Carers Centre

**If you look after
someone,
you may need a
carer's assessment**

What is a carer's assessment?

If you look after someone regularly, you may be able to have a carer's assessment. This looks at the care or support you provide and how it affects your life.

It is an assessment for **you**, the carer, not for the person you support or look after.

Why should I have a carer's assessment?

It gives you a chance to talk about:

- The support you provide.
- How caring affects your life.
- What you find difficult at the moment.
- Any concerns you have for the future.
- What support you may need to carry on caring.

How do I get a carer's assessment?

- Call Camden Social Care Services on 020 7974 6666, or email adultsocialcare@camden.gov.uk, and tell them you would like a carer's assessment.
- Complete the letter in this carer's information pack, and send it to the Information and Access team (address at the top of the letter).
- Contact Camden Carers Centre, which will be able to give you more advice, tel 020 7388 5422.

Where will the assessment take place?

The assessment usually takes place in your own home, but if you prefer, it can be done somewhere else.

Can I have someone with me?

Yes, you can choose to have another person there during the assessment. This might be a friend, relative or advocate. Some carers prefer to have the carer's assessment carried out without the person they care for there.

What will I be asked?

You will be asked:

- What sort of things you do to support the person you care for. This might be helping them dress or use the toilet, making sure they are safe, helping them with medicine or hospital appointments, or something else.
- How caring affects your life: how it affects your own health, if caring makes it difficult for you to work, how it affects your relationship with your family or friends, or whether you get time for yourself.