



Information for Carers of Adults



Stockton-on-Tees
BOROUGH COUNCIL

Adult Services

Big plans for the care we provide

Carers and Carers Assessment

Carers are the individuals who look after others in our community. They may be a relative, friend or neighbours caring for an adult. Carers play a valued and important role and Stockton-on-Tees Borough Council recognises the work that carers do. We are committed to enabling Carers to continue in their role for as long as they are able and willing to do so. Some Carers are children or young people.

See Stockton-on-Tees Borough Council Leaflet: Information for Young Carers of Adults.

A carer's assessment considers the outcomes that the Carer wants to achieve in their daily life, activities beyond their caring responsibilities, and the impact of caring upon those activities and their wellbeing. This impact should be considered in both a short-term, immediate sense, but also the impact of caring responsibilities over a longer term, cumulative sense.

Providing care for another person can be a rewarding and fulfilling experience. There are times, however, when it can be physically and emotionally demanding. The Carer may become exhausted particularly when they give a large amount of support over a long period of time. Stockton-on-Tees Borough Council wishes to support carers to have a good physical and emotional health and wellbeing to enable them to continue to support their relative or friend.

Where an individual provides or intends to provide care for another adult, the adult's local authority must carry out a carer's assessment. This is subject to the carer's agreement and if it appears to the local authority that the Carer has any level of support needs.

Where a person provides care under contract or as part of voluntary work they should not normally be regarded as a Carer. However, there may be circumstances where the adult providing care either under contract or through voluntary work is also providing care outside that role in which circumstances Stockton-on-Tees Borough Council will consider carrying out a carer's assessment.

Carers Assessment and Eligibility

Stockton-on-Tees Borough Council will consider the Carer's sustainability to continue to provide care and that the Carer is willing and able to continue in their caring role.

Stockton-on-Tees Borough Council will consider whether the carer's physical health, mental health or wellbeing is at risk of deteriorating because of their caring role.

A Carer's assessment takes into account:

- Whether a Carer's needs are a consequence of providing **necessary** care for an adult

- To what extent the Carer's needs affect their ability to achieve specified outcomes, or puts their health at risk
- Whether and to what extent this impacts on their wellbeing

A carer's assessment is how a local authority decides whether a Carer is eligible for support to help them live their day-to-day life. The assessment must be carried out by an appropriately trained assessor jointly with the Carer to give a full picture of the Carer's strengths, aspirations and any difficulties they encounter as a Carer.

Carers Eligibility

The carer's assessment is based on the Care Act 2014 National Minimum Eligibility Threshold for carers. It will consider whether the Carer is unable to achieve any of the following outcomes because of their caring role:

- Carrying out any caring responsibilities the Carer has for a child
- Providing care to other individuals for whom the Carer provides care for example an elderly relative in addition to the care they are providing for the adult with care and support needs
- Maintaining a habitable home environment in the carer's home, a habitable home should be safe and have essential amenities
- Managing and maintaining nutrition for example does the Carer have time to do essential shopping.

- Developing and maintaining family or other personal relationships for example a carer may have children who live with a former partner that they can only see at weekends and this might conflict with their caring responsibilities
- Engaging in work, training, education or volunteering
- Making use of necessary facilities or services in the local community including recreational facilities or services
- Engaging in recreational activities

If a Carer finds it difficult to be fully involved in the carer's assessment and planning process and needs assistance to make plans and decisions, an independent advocate or a carer's representative can be involved. A carer's representative is a person who is interested in the carer's welfare and who the local authority feels is an appropriate adult to be included in the process to offer the Carer support, if they wish.

Requesting a Carers Assessment

A Carer or person intending to provide care for an adult can contact Stockton Borough Council First Contact Team for information and advice for Carers or to request a Carer's Assessment (Contact First Contact on 01642 527764).

Alternatively if a Social Worker or Care Manager is involved with the cared for person the Carer can contact them direct and ask to discuss a carer's assessment. An arrangement will be made for the Carer to meet with a trained assessor to discuss and complete a carer's assessment in partnership with a Care Manager when and where it is convenient for the Carer.

The assessor will discuss the outcome of the carer's assessment and if help may be available. If support is available a Support Plan and Personal Budget to meet the individual needs of the carer will be agreed and provided to meet the individual needs of the carer.

See Stockton-on-Tees Borough Council Leaflets:

- Information for Young Carers of Adults
- Carers and Young Carers Support Planning
- A Guide to Personal Budgets

Contact for Adult Care Services

 01642 527764

Minicom: 01642 527769

 FirstContactAdults @stockton.gov.uk

 Opening Hours

Monday – Thursday 8.30am - 5pm

Friday 8.30am – 4.30pm

Out of hours and weekend contact Emergencies Only

 01642 524552

Minicom: 01642 602346

Public Information Services

Our leaflets are designed to give basic information about our services to the adult population of Stockton-on-Tees. You can find all of our information leaflets on our website: www.stockton.gov.uk/adultsocialcare

If you would like this information in any other language or format for example **large print** or audio please contact 01642 527764.

إذا كنت ترغب الحصول على هذه المعلومات بلغات أو بأشكال أخرى على سبيل المثال بالطبعة الكبيرة أو بالشريط المسجل فالرجاء الإتصال 'بدايفرستي تيم' على هاتف رقم 01642 527764

ARABIC

اگر شما این اطلاعات را به زبان یا شکل دیگری مثلا چاپ بزرگ یا بصورت صدا میخواهید لطفا با تیم دایورسیتی (گونگونگی) با شماره 01642 527764 به تماس شوید

FARSI

Si vous souhaitez obtenir ces informations dans d'autres langues ou sous un autre format, par exemple, en gros caractères / version audio, veuillez contacter l'équipe au n° 01642 527764

FRENCH

نه گهر جهزت لئ به نهم زانبار به ده دستت بکه ویت به زمانه کانی تر بان به شیوه به کی تر بو نمونه چاپی گه وره/بان به تیبی تو مارکراو نکایه په یوه ندی بکه به 'نیمی دایفیرستی' له سهر ژماره ی ته له فون 01642 527764

KURDISH

欲要這份資訊的其它語言版或其它版式例如大字體印刷/錄音帶，請致電 01642 527764 接洽 ‘多元化隊’

CHINESE

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਬਣਤਰ ਜਾਂ ਬੋਲੀ ਵਿੱਚ, ਵੱਡੀ ਛਪਾਈ ਵਿੱਚ ਜਾਂ ਟੇਪ/ਸੀ ਡੀ 'ਤੇ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਫ਼ੋਨ 01642 527764 ਨੰਬਰ ਉੱਤੇ ਫ਼ੋਨ ਕਰੋ।

PUNJABI

اگر آپ ان معلومات کو کسی بھی اور زبان یا انداز، مثلاً بڑے پرنٹ/آڈیو ٹیپ وغیرہ میں حاصل کرنا چاہیں، تو 'ڈائیورسٹی ٹیم' کو اس نمبر پر فون کیجئے 01642 527764

URDU