



Carers

This factsheet outlines the changes the Care Act will have for carers and also provides more information about what a carer is. Millions of people in the UK provide care and support for family members or friends without realising that they are a carer.

Who is a carer?

A carer is someone who provides unpaid care and support to an adult family member or friend. Caring can include things like helping them with washing, dressing or eating or taking them to regular appointments.

If this sounds like you then you are considered to be a carer.

What impact will the Care Act have for carers?

For the first time, carers will be recognised in the law in the same way as those they care for. This will positively affect how carers are assessed and their eligibility and will also affect how carers interact with the council as a result.

Who can request a carer's assessment?

You can ask for a carer's assessment whether or not the person you care for receives support from the council. The Care Act says that to be considered for an assessment you need to have support needs of your own and caring responsibilities now or in the future. You can ask for a carer's assessment at any time. If you don't want a carer's assessment but you are looking for advice and information about local support, the council will be able to help you.

How might a carer's assessment help me?

A carer's assessment will consider the impact the care and support you provide is having on your own wellbeing and important aspects of the rest of your life.

It looks at the different ways that caring affects your life and works out how you can carry on doing the things that are important to you and your family. Your physical, mental and emotional wellbeing will be at the heart of this assessment. As a result, you may be eligible for support from the council, who will also offer you advice and guidance to help you with your caring responsibilities.

What if I live in a different area to the person I care for?

If you live in a different area to the person you care for, it will be the local council for the person you care for that is responsible for assessing and supporting your needs.

What kind of help is available for carers?

A carer's assessment might lead to practical help, like arranging for someone to step in when you need a break from caring responsibilities, or you might be entitled to a personal budget, which you could spend on things that will help you or support your wellbeing.