

CityAdvice

A guide to care Assessments

July 2022



An introduction to assessments

Where a person appears to have needs or a carer appears to have a need for support an assessment should be carried out.

The two main assessments are:

- Carer's Assessment
- Care Needs Assessment

Both of these are usually carried out by Adult Social Care – City Advice and City Connections can help you to access these.

You may wish to have someone with you during your assessment – a friend or relative, or you could use an advocate.

- [POhWER](http://pohwer.net), provide advocacy in the City of London.
- Phone: 0300 456 2370
- Email: pohwer@pohwer.net

Carers Assessments

As a carer, you can have an assessment with an allocated social worker to see what support may benefit you.

Caring responsibilities can greatly impact your wellbeing, causing burn out which would then affect your quality of life and the care and support you provide to your cared-for.

Carer's Assessments are not just about money – there is a wealth of other support available to carers so it is strongly recommended that you seek a Carer's Assessment, even if you think you wouldn't qualify for a Carer's Allowance.

What support is available?

Your carer's assessment might recommend:

- Carer's breaks and respite care
- People moving training
- Help with transport costs if you don't drive
- Connection with local support groups
- Gym membership to relieve stress

Areas covered in assessments

- Wellbeing
- Mental health
- Physical health
- Relationships
- Work
- Education
- Hobbies and interests

What happens next?

Your allocated social worker should give you a written care plan identifying your needs and the support that could be provided. This might include a direct payment.

Care Needs Assessments

This is an assessment for the cared-for, where you can identify care and support needs, such as:

- Equipment (e.g. personal alarm)
- Home adaptations (e.g. walk-in shower)
- Practical help from a paid carer
- Access to day centres
- Moving to a care home

What happens next?

1. Your allocated social worker will recommend services which can help you to cope day-to-day.
2. You may need to pay towards your care, or you will need a financial assessment to see if the council will pay towards it.
3. You have the right to complain or ask for a second opinion if you disagree with the results of your assessment or how it was carried out.

Top tips for assessments

1. Act as if it is your worst day during your assessment! This will help you remember all the smaller details of daily living tasks you find difficult to carry out or have an impact on your wellbeing.
2. Write a list of concerns on the run-up to your assessment – don't try to think of everything all at once!
3. Connect with a charity, or organisation where you can speak with people who have already had an assessment.

Carers benefits

Carer's Allowance:

- Carer's Allowance is money for people who provide regular care for someone. The weekly rate is £69.70 and can be spent on anything for the carer to benefit their wellbeing (e.g. gym membership, art classes). You don't need to be living with the person you care for.
- You will also qualify for a Christmas Bonus unless you get one with another benefit (usually £10).

Carer's Premium or Addition:

- If you receive other benefits already (e.g. Universal Credit, Income Support or Housing Benefit) you may be able to get an extra amount added to your existing benefits.

Carer's Credits:

- Carers can be credited with national insurance contributions which help them qualify for benefits they may not have been eligible for before. This is useful if you can't work much due to your caring role.

Useful support

Notify your GP

It is important to tell your GP if you have caring responsibilities for someone so that they can mark you as a Carer on their system.

This can lead to further support, e.g. with a social prescribing team at your GP surgery.

You don't need to have had a Carer's Assessment to notify your GP of your caring role.

Carer's Corner

Check out the new Carer's Corner at Golden Lane Community Centre for useful informative leaflets about local Carers groups and supportive organisations:

**Golden Lane Estate Community Centre,
Golden Lane Estate,
EC1Y 0SA**

Carers Cards

A Carer's Card will help to identify you as a carer which is a good measure to have in place in an emergency. They can sometimes give you access to certain discounts.

There is not currently a Carer's Card provided for City of London carers. This is being looked into as part of the Carer's Strategy Implementation.

There are some other national options which you can apply for.

National Carers Cards

- Disability ID: National Disability and Carers Card Scheme - <https://www.disabilityid.co.uk/about>
- Access Card: <https://www.accesscard.org.uk/carers-card/>

City Connections

City Connections can help you find support you're entitled to and connect you with likeminded people to talk to. City Connections understands that everyone faces unique challenges and we will listen to your story in a safe and supportive space.

- Fortnightly Carers Group
- Quarterly Carers Forum
- Regular events and training for carers

Contact us to access support and find out more:

- Email: info@cityconnections.org.uk
- Phone (Ruby – Wellbeing Coordinator): 07432 736 495
- Website: <https://cityconnections.org.uk/>

City Advice

If you live, work or study in the City of London Square Mile or are a tenant of a City of London Corporation Estate, the City Advice service can provide:

- Assistance with financial assessments
- Information on independent financial advice
- Care options
- Income maximisation
- Carers

How to contact us

Call us on 020 7392 2919, visit www.toynbeehall.org.uk/cityadvice or email us at city.advice@toynbeehall.org.uk

Other organisations

- [Age UK East London](#)
- [City and Hackney Carer's Centre](#)
- [Tower Hamlets Carer's Centre](#)
- [Carers UK](#)
- [Carers First](#)
- [Turn2Us](#)