



Resources for Carers, Young Carers and Staff:

3. Carers' and Young Carers' Assessments

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1. What is a Carer's Assessment?

A **carer's assessment** is for adult carers (over 18 years) who are caring for someone who is disabled, ill or elderly; either through physical or mental health concerns.

The assessment looks at how caring affects a carer's life, including their physical, mental and emotional needs and whether they are able or willing to carry on caring.

A **young carer's assessment** is for young carers under the age of 18. The assessment looks at the needs of the young carer and their family to determine the support necessary to make the young carer's life and their caring easier.

You may consider yourself a young carer but, if you are over 18, your entitlement is to a carer's assessment for adults.

2. Who can have a Carer's Assessment?

Any carer who appears to have needs for support should be offered an assessment. These are commissioned by Sheffield City Council.

Carers are entitled to an assessment regardless of the amount or type of care they provide, their financial means or the level of need they have for support.

Young carers have the right to an assessment of need. Anyone who works with young people or their parents, who identifies a child or young person taking on a caring role, should offer to complete a young carer's needs assessment with them.

3. How to get a Carer's Assessment

In Sheffield, carers' assessments are the responsibility of Sheffield City Council. They can ask other organisations to carry out assessments on their behalf, such as, Sheffield Carers Centre and Sheffield Health and Social Care (SHSC) Trust.

For adult carers over 18

At present, SHSC is responsible for carrying out adult carers' assessments to carers of service users accessing mental health services who are in receipt of a social care package. Sheffield Carers Centre is commissioned to carry out carer's assessments to all other adult carers.

You should be offered a carer's assessment but if not, please ask for one by:

- Contacting the Care Coordinator or Lead Professional looking after the cared for person.
- Contacting Sheffield City Council directly on 0114 273 4908 (First Contact Team).
- Getting advice from carers support services, such as, Sheffield Carers Centre.

For young carers aged under 18

If you have not been offered an assessment and would like one, speak with someone in school or another professional you see often about getting an assessment. You can find full details about young carer assessments here; www.sheffield.gov.uk/home/social-care/young-carers-assessment.

If they can't help, you can contact the Multi-Agency Support Teams (MAST) on:

- 0114 205 3635 – East Sheffield
- 0114 233 1189 – North Sheffield
- 0114 250 6865 – West Sheffield
- Visit www.sheffield.gov.uk/home/social-care/multi-agency-support-teams or email childrenandfamiliesmast@sheffield.gov.uk.

4. Re-assessment or Reviews

If you have had an assessment and your circumstances have changed, you can request a further assessment. If you have been assessed and have eligible needs and a support plan has been put into place, this will be reviewed at regular intervals. The minimum period that a support plan should be reviewed is annually.

5. The Care Act (2014)

The Care Act, which came into force on 1st April 2015, brought in new rules and guidelines for how social care is assessed and delivered across the UK. It brought about two significant changes to carers' assessments. It removed the requirement for carers to ask for an assessment and it removed the requirement for the carer to be providing substantial care on a regular basis.

It now places a requirement on local authorities to offer a carer's assessment to all carers who appear to require support. Carers are entitled to an assessment regardless of their financial situation or the amount or type of care they provide.

Carers can also have a carer's assessment whether or not the person they care for is supported by Adult Social Care (or similar services). The assessment looks at the impact caring for someone has on a carer's life, and whether there is any additional help that may make this easier.

Under the Care Act (2014), as a young carer, you are entitled to have a **transition assessment** as you turn 18. A transition assessment is separate to a young carer's assessment. It is about how the different services for children and for adults will affect you when you become 18. For further information, visit [www.carersuk.org/images/Assessments - England - Update Nov 2018 web version.pdf](http://www.carersuk.org/images/Assessments_-_England_-_Update_Nov_2018_web_version.pdf).

6. The Children and Families Act (2014)

The Children and Families Act, which came into force on 1st April 2015, gives young carers the right to be offered an assessment of their needs by Sheffield City Council. The Act introduces new rights to improve how young carers and their families are identified and supported. It extends the right to an assessment to all young carers under the age of 18 regardless of whom they care for, what type of care they provide or how often they provide it.

The Children and Families Act (2014) works alongside the Care Act (2014) to enable a "whole-family approach", so that young carers and their families can get the right help for them. Sheffield Young Carers and Sheffield City Council have produced a local Young Carer's Needs Assessment which can be assessed at; www.sheffield.gov.uk/content/dam/sheffield/docs/social-care/young-carers-assessment/Young%20Carers%27%20Assessment.pdf.

7. Useful Resources

Information and leaflets are available to download from www.shsc.nhs.uk/need-help/help-for-carers-and-relatives/carers-resources.

The following resources for carers and young carers are available:

1. Advocacy
2. Carers' and Young Carers' Charter
3. Carers' and Young Carers' Assessments
4. Carers' and Young Carers' Checklist
5. Community Teams
6. Confidentiality and Information Sharing
7. Hospital Admissions and the Mental Health Act
8. How to Get Involved
9. Mental Health Crisis
10. Understanding Mental Health Conditions and Medication
11. Useful Contacts Leaflet
12. Information Pack

Further information can be found on www.shsc.nhs.uk/need-help/help-for-service-users/helpful-publications.

The original Useful Resources were designed in partnership with carers and young carers. The Trust worked collaboratively with Sheffield Young Carers, Sheffield Carers Centre and Chilypep to deliver this leaflet and we would like to acknowledge their hard work, advice and support. The resources were updated in 2019 to ensure accuracy of information.

For further information, contact:

- Sheffield Young Carers on 0114 258 4595 or www.sheffieldyoungcarers.org.uk
- Sheffield Carers Centre on 0114 272 8363 or www.sheffieldcarers.org.uk
- Carers Trust on 0300 772 9600 or www.carers.org

Or alternatively, contact your local SHSC team to get more information.



This document was accurate as of October 2019.