

### ***Do you provide care for someone?***

*You may be a parent, a partner, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. If you provide them with help and support to manage their life – you are a carer.*

## What to expect when...

## The person you care for is being assessed

### **What is an assessment?**

A care assessment gathers information about the needs, strengths, risks and wishes a person has and helps decide the best way the person can be supported to achieve their goals and outcomes and to live as best as they can.

Outcomes are a way of describing what is important to you and what you are trying to achieve. Some examples of outcomes are:

- **Being healthy and as well as you can be**
- **Feeling valued and being listened to**
- **Having positive and meaningful relationships**

A care assessment is not a medical assessment. A medical assessment decides health care needs, diagnosis and treatment and is undertaken by a medical professional.

### **Why is an assessment important?**

An assessment helps decide what support is needed for the person to manage, keep safe and live as well as they can.

Types of support which may available: **home care, personal care, day care, occupational therapy, short breaks, physiotherapy, shopping, laundry service, meals, residential care, equipment or telecare.**

People should be supported to choose the support and services that best meet their outcomes. **Self Directed Support** offers 4 different ways of delivering and managing the support and is used to help work out with the person who needs support when and how the support will be delivered. Self directed support gives the person as much choice and control of their support as they want.

## The Carers Act

Since April 2018, the Act gives all carers the right to an adult carer support plan or young carer statement.

Local Authorities also have duties to support carers including

- A duty to support carers who have needs that meet the local eligibility criteria
- A duty to provide information to carers



A key feature of the Act relates to carer involvement, there is a duty to involve carers in the assessment of the cared for person, as far as is reasonable and practical.

Once an assessment is completed, arrangements will be made for regular reviews and the duty to involve carers still applies.

Local Health Boards also have a duty to involve carers when the person they care for is being discharged from hospital. Please see our hospital discharge leaflet for further details.

## Is there a cost?

The person may be expected to pay towards some of these services, so it is likely there will need to be a financial assessment to maximise the person's income and decide their contribution to the cost.

## Who completes the assessment?

Depending on arrangements in your local area, the assessment may be carried out by a social worker, care manager, community support worker or occupational therapist.

## As their carer how can I be involved in the assessment?

The assessment is about the person being cared for but it must take your views and opinions into account as far as is reasonable and practical. If the person you care for has capacity to make their own decisions they have a right to decide if you can be involved in their assessment.

Sometimes there may be a difference of opinion between you and the person you care for. The worker will consider how to manage this information in the assessment and how you both might be supported to resolve this. It may be useful to access an advocacy service to help clarify each person's views.

Before you have a conversation with the worker carrying out the assessment, it can help to think of a typical day helping the person you care for and make a note of their needs and any concerns you have. If the caring situation changes a lot over time think about what both a good and a bad day look like. If you don't feel comfortable discussing this in front of the person you care for you, can ask to speak to the worker alone or arrange to make a telephone call to share your views.

Think about what care you are providing. You need to be clear and realistic about what care you are willing and able to provide in the future. It could help to request an adult carer support plan or young carer statement to discuss what could help you cope with your caring role.

## Where can I find out more about an assessment for the person I care for?

You can ask the person you care for to let you know who is carrying out the assessment, as they should have the name and details of the worker who is responsible for their assessment or review.

**The Carers Act puts a duty on local health boards to involve you in the discharge from hospital of the person you care for.** If their needs have changed there will be a conversation with you about what help and support you're the person you care for needs to help them live safely and to get your views about the discharge. **Fife Carers Centre** provides a support service for carers at **Victoria Hospital in Kirkcaldy** and **Queen Margaret Hospital in Dunfermline**. Ask ward staff or the hospital information point for more information, or contact the Fife Carers Centre directly using the information on the right.

More support is available for you as a carer. For more information about our other *'What to expect when...'* leaflets or visit our [www.fifehealthandsocialcare.org/](http://www.fifehealthandsocialcare.org/)



You don't know what you don't know. The assessment helped us find out what help was available.



– Carer supporting his wife living with dementia

## For information and support please contact:

### Fife Carers Centre

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With thanks to the carers at Alzheimer Scotland Dundee Dementia Resource Centre for their input to this leaflet