**CARERS ASSESSMENT**

The Carers assessment focusses on the following:

* The care and support you currently provide or intend to provide in the future
* The sustainability of the care and support you currently provide and your potential future needs as a carer
* Your carer related needs and the support you require to help you meet these needs
* The impact on your health and wellbeing as a result of carrying out a caring role

The assessment questions have been designed to help you fully identify the impact carrying out a caring role has on your day to day life and what support you need to continue carrying out this role now and in the future. It will look to draw upon your strengths, capabilities and help you explore opportunities available to you in your community and support networks. Ultimately, it will look to detail what is important to you, what outcomes you want to achieve for yourself and how you can be supported to achieve these.

**You may like to consider the following prior to your assessment:**

1. What care and support you currently provide or intend to provide and what could prevent you from providing care and support in the future e.g. as you or the person you care for gets older, any significant planned or unplanned changes in your life that may impact on your ability or willingness to continue providing this care and support e.g. deteriorating health condition or employment opportunities.
2. If carrying out your caring role causes you any concerns about:
   1. Carrying out any parental responsibilities to a child *e.g. ensuring a child attends school regularly, maintains a healthy and active lifestyle, is kept clean and safe etc*.
   2. carrying out other caring responsibilities for **another** adult
   3. Maintaining your home environment e.g. your ability to keep a clean, safe home that is in a good state of repair etc.
   4. Carrying out your essential shopping, prepare meals for yourself and your family and maintain the diet you want to.
   5. Keeping in touch with family and friends or make new relationships e.g. do you have regular contact, when you want to, with your friends and family etc.
   6. working or taking part in training, education or volunteering e.g. should you want to attend/access any relevant training programmes, get careers advice and support to secure a job/ voluntary placement etc.
   7. Being able to use local community services and facilities e.g. Gym, library, community centre, swimming pool, parks etc.
   8. Having time to engage in leisure activities e.g. some free time for you to spend reading or engage in a hobby etc.
3. If your physical/mental health or emotional wellbeing has been significantly impacted upon, or has deteriorated or is at risk of doing so as a result of you carrying out your caring role