



Dear Social Worker,

As a family carer of someone who needs Council care and support, could you please work in the following ways and so respect the rights I believe the Care Act gives me:

1. To assess my own needs as a carer and make a record of that assessment.
2. To identify all of my needs that require Council funding, that arise from:
 - My ability *and* my willingness to continue to provide care and support to the person I care for.
 - The needs in my own life that arise from my caring role and that have *any* degree of impact on *any* of the nine areas of wellbeing (see overleaf).
3. Ensure that any of my needs that will best be met by the Council's provision of support to the person I care for, is built into the assessment of their needs. (Subject to them agreeing.)
4. Not to take into account whether resources are available to meet any of my needs, in coming to your view about what my needs are.
5. That we identify the best way to meet each of my needs without reducing or compromising meeting these needs in any way.
6. Whilst I will welcome your help to think through my needs and the services to meet them, that you respect me as the best judge of my own wellbeing.
7. If once we have come to the end of our discussions you disagree with any of my views, to put in your record of my assessment both sets of views and how I can make a complaint.
8. Following our discussions, to give me a copy of my assessment.
9. To put in writing which of my needs the Council will be able to meet, and to be honest about which of them it cannot meet at the moment. Also put in writing what the Council will do about any needs it cannot meet at the moment.
10. If the person I care for does not have the capacity to express their own views, unless you have reason to believe I am not acting in their interests, to treat me as their formal advocate under section 67 of the Care Act, so that I speak for them on all issues. If you do not believe I am acting in their interests and so do not allow me to be their advocate, please put your reasons in writing.

Thank you for your consideration.

THE 9 AREAS OF WELLBEING UNDER THE CARE ACT 2014

1. My personal dignity (including treatment of me with respect).
2. My physical and mental health and emotional well-being
3. Protection from abuse and neglect
4. Control by me over my day-to-day life (including over the care and support provided to me and the way in which it is provided).
5. My participation in work, education, training or recreation
6. My social and economic well-being
7. My domestic, family and personal relationships
8. Suitability of my living accommodation
9. My contribution to society.