

WELLBEING CARER'S ASSESSMENT

REAL CARE



TOOLKIT

HOW IT WORKS

As a family carer, you should remember that you have your own needs too. When the social worker assesses the needs of the person you care for, you have the right to be expected to **do no more than you are able and willing to do.**

You may have other needs in your own right that arise because of your caring role, for example, you may have become cut off from things important to you. These needs should be addressed through a **carer's assessment**. Just as for the assessment of the person you care for, carrying out your own self-assessment as a carer, is the first step to making sure your assessment is right.

It is more than just knowing what you want. It's knowing why you need it and showing why it's important to your wellbeing.

There are two parts that need to be written down;



YOUR STORY

This is where you write your story about why you need care and support from your council.

This part acts as an overall summary of who you are and your circumstances and goes alongside the more detailed breakdown of your wellbeing needs.



YOUR WELLBEING NEEDS

This is where you think through and write down *all* your needs that have to be met for you have the best *wellbeing* possible in your circumstances.

The Care Act sets out 9 areas of wellbeing.

People often don't talk about some because they think the authorities won't be interested. But they may be the things that make the biggest difference for you.

It is good to work through your self-assessment with family or friends if you can.

1. YOUR STORY

Write down as much as possible about why you need care and support from your council, including your current circumstances.

2. YOUR WELLBEING NEEDS

Use the following form to think through and make a note of *everything* that affects your wellbeing as a family carer.

The numbered sections are each of the **9 areas of wellbeing** from the Care Act. These are the areas your council must take into account when they identify your needs.

We have included some guide questions under each heading that might be useful to help you think about your specific needs.

The tables under each section are where you can write down

- each specific **need** you are facing and why it is important to you,
- then how you want things to change, which is the **outcome**.
- Finally, in the last column, you can write what needs to happen in order to achieve change, which is the **action**.

You may have needs that fit into more than one section. If that is the case, write it in each of those sections.

Include any of your needs that will be met by the Council providing the right care and support to the person you care for, and any needs that will require direct support to you.

Write down everything that you can think of, even if it might not seem relevant.

TIP!

It's good to talk to friends and family about your wellbeing carer's assessment, as they might have some valuable input.



1. PERSONAL DIGNITY (Including your treatment with respect)

- Do you feel your caring role affects your dignity or the respect others have for you?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



2. (A) PHYSICAL HEALTH

- What effect does your caring role have on your physical wellbeing?
Think about the physical effort involved.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



2. (B) MENTAL HEALTH AND EMOTIONAL WELL-BEING

- What effect does your caring role have on your mental and emotional wellbeing?
- Are you lonely?
- Are you worried?
- Are you overwhelmed?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



3. PROTECTION FROM ABUSE AND NEGLECT

- Do you feel safe?
- Do you trust those around you?

Sometimes carers can feel at risk, physically and emotionally.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



**4. CONTROL OVER DAY-TO-DAY LIFE,
(Including over care and support, or
support provided to the individual and
the way in which it is provided)**

The ability to carry out your own caring role may be affected by the way any formal care and support is carried out.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



5. PARTICIPATION IN WORK, EDUCATION, TRAINING OR RECREATION

Your caring role may have had an impact in these areas you do not welcome.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



6. SOCIAL AND ECONOMIC WELLBEING

- Do you have, at the least, all the money to live on that the national system makes available?
- Do you know what benefits you are entitled to?
- Are you confident you receive all the benefits you should?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



7. DOMESTIC, FAMILY AND PERSONAL RELATIONSHIPS

- Are your relationships affected by your caring role, for example by being unable to see people important to you?
- Do you see friends and family as much as you would like and under the circumstances you would like?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)

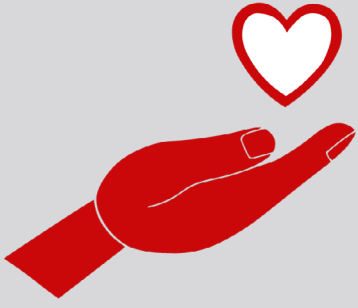


8. SUITABILITY OF LIVING ACCOMMODATION

- Is the place you live in right for you and the person you care for?
- Is the place you live in suitable in terms of space?

Suitability is more than just having a place to exist but, along with emotional wellbeing, must be the place that feels like home.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



9. YOUR CONTRIBUTION TO SOCIETY

- Are you involved in community activities as much as you would like?
This might include being able to get around your community, attend church, volunteer or campaign.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)

ANYTHING ELSE?

Write down anything else that you think is important to note about your wellbeing as a family carer.

CASE EXAMPLE

1. YOUR STORY

Write down as much as possible about why you need care and support from your council, including your current circumstances.

My mum and dad, Albert and May, have been together since their teens. They are a devoted couple who gave my bother and myself a loving upbringing and they are now loving grandparents and great grandparents. They are now in their nineties and both physically frail, especially Dad. They have got by with support from the family. But things have got progressively more difficult. Dad has become virtually immobile and whilst they used to share the domestic work, it has recently fallen all on Mum. She has been able to manage but she has got more and more critical of Dad. She believes his immobility is his own fault because he is not trying hard enough.

Things have now come to a head. Mum fell and boke her hip. She is in hospital and will be for a few weeks more. Dad has come to live with me and my husband. But its made more complicated because Mum blames Dad for her accident, because she was having to do too much. She really is rejecting him.

The family plan is for Dad to remain with us not just while Mum is in hospital, but for as long as it takes to mend their relationship. We need to get Dad functioning to his best possible, and for their relationship to repair. It will most likely be a number of months before Mum comes round.

We are fine with that, but some support will be valuable. We also have responsibilities in other direction as grandparents who provide a lot of child care.

2. YOUR WELLBEING NEEDS

2. (A) PHYSICAL HEALTH

- What effect does your caring role have on your physical wellbeing? Think about the physical effort involved.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)
It will be difficult to balance the 24/7 nature of the support Dad needs with all our other responsibilities	To have some time when Dad is being looked after and where we can be confident he will be happy. He is a very sociable man.	Two days a week at the local Day Centre for the time Dad is with us