

## Calling all mental health carers: Get your Carer's Assessment now!

The new **Social Services and Well-being (Wales) Act 2014** which came into force in April 2016 gives carers in Wales new rights to have their needs assessed. It means the local council must:

- find out what care the person wants to offer
- find out what the carer wants for their own life
- work out what services would help them.

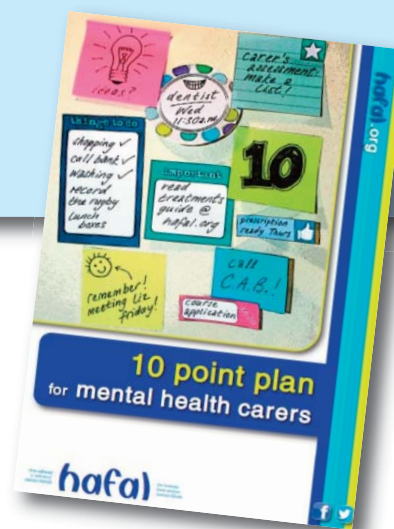
It also means the Carer's Assessment must look at:

- what work the carer does or wants to do
- any learning or leisure activities that the carer does or wants to do.

The form overleaf provides mental health carers with a template which they can use to request a Carer's Assessment – or an updated one if they have had one in the past – and ensure that it comprehensively deals with their needs.

We invite carers to read Hafal's *10 Point Plan for Mental Health Carers* before using this request form – this explains your legal right to a Carer's Assessment and includes useful tips from fellow carers.

If you need help with this form please contact one of the organisations above.



Fill in the form overleaf and then send to your local Council. If you have had a Carer's Assessment before then you can use this form to ask for a new one, especially if you want to bring it up-to-date or make sure it is more comprehensive.

Naming the person you care for is optional as occasionally carers may prefer not to name the person for confidentiality reasons.

It's your local County/Borough Council which is responsible for the Assessments so you can simply send this to their Social Services department – but it's a good idea to use any existing contact within Social Services if you have one. You can find contact details for your local Council at: <http://www.wlga.gov.uk/authorities>

You don't have to put anything here – you can always raise matters in discussion when your Assessment is done – but if you have any particular needs or concerns there is a chance to note these here. You can continue overleaf on the form if you need more space.

You might include the following points which are based on the feedback of hundreds of Hafal carers:-

- any training needs for you or your family
- any interventions/therapies which could assist relationships between you and the person you care for - or the wider family
- any support you need to stay in or return to work
- any leisure activities you want to pursue
- specific personal needs of your own, for example for home help or other support.

**Remember to include anything that is important to you.**

If you can, keep a copy of this before sending it. If not, make a note here of the date you sent it:

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

If you would prefer to send your request by email, contact us at [communications@hafal.org](mailto:communications@hafal.org) for an electronic template which you can cut and paste into your email.

### **Request for a Carer's Assessment (or renewed Carer's Assessment) under the Social Services and Well-being Act 2014**

My name:

*Joe Bloggs*

Name of the person I care for (optional):

*Josephene Bloggs*

My address:

*No 1, The New Mews, Carmarthen*

Tel number(s):

*01234 5678910*

Email address (if any):

*joebloggs@webmail123.com*

To my local authority:

*Carms County Council*

I am caring for a person with a mental illness and I am formally requesting a Carer's Assessment in order to get the help I need to provide the best possible support and also to look after my own needs.

I would like to be fully involved in drawing up the Assessment and to help with this I am providing this checklist of matters I would like to cover – but there may be other matters that could be added following discussion.

I would like my Assessment to include:-

- How I can get ongoing advice support and information from mental health services (including the Council, NHS, and other providers) about symptoms, diagnosis, treatments, care options, etc.
- How I can keep in close touch throughout the year with mental health services about the ongoing needs of the person I care for, respecting their confidentiality as appropriate but also acknowledging my role as carer
- Emergency contact arrangements when I need to call for assistance
- Where I can go for support when my caring responsibilities are making life difficult
- How I can get support to enable me to take breaks from caring, ensuring that there is cover to support the person I care for

I would also like to raise the following specific needs/concerns:

*I would like to get support to increase my working hours and to get IT training so that I can develop in my role. I would also like to improve my fitness, and am interested in the following activities (PTO)...*

*Please continue overleaf...*

I look forward to hearing from you and to developing my Assessment in the near future: you can contact me using the details above.

Signed:

*Joe Bloggs*

Date:

*20/08/16*

**Request for a Carer's Assessment (or renewed Carer's Assessment) under the Social Services and Well-being Act 2014**

**My name:**

**Name of the person I care for (optional):**

**My address:**

**Tel number(s):**

**Email address (if any):**

**To my local authority:**

I am caring for a person with a mental illness and I am formally requesting a Carer's Assessment in order to get the help I need to provide the best possible support and also to look after my own needs.

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- How I can get support to enable me to take breaks from caring, ensuring that there is cover to support the person I care for

I would also like to raise the following specific needs/concerns:

*Please continue overleaf...*

I look forward to hearing from you and to developing my Assessment in the near future: you can contact me using the details above.

**Signed:**

**Date:**

*Continued...*