

# Are you looking after someone?



照護者指引  
你是否在照顧別人？

دیکھ بھال کرنے والے افراد کے لئے ایک ہدایت نامہ

কেয়ারার (তত্ত্বাবধানকারী)-দের নির্দেশাবলী

আপনি কি কারও দেখাশোনা করছেন?

دليل للقائمين على الرعاية  
هل تقوم على رعاية أحد ما؟

## A carer's guide to carer's assessments



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## Who is entitled to a carer's assessment?

You are entitled to a carer's assessment if you undertake a substantial and regular caring role for another person.

A carer is generally defined as a person of any age who provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the carer's help, due to frailty, illness, disability or addiction.

Do you live with and/or care for an adult or child with a disability, illness or mental health need? This could include stroke, traumatic brain injury, Parkinson's, visual impairment, dementia or frailty due to old age.

Are you the main or only carer ?

Is the person you care for at risk if you are unable to provide support ?

Do you have regular contact, daily or weekly, with the person ?

Do you require any support to continue to carry out your caring role ?

Are you under 18 years old and undertaking caring responsibilities ?

If you answer **yes** to any of the above questions and you undertake a substantial and regular caring role - you are entitled to a Carer's Assessment. We would recognise you as a carer.

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## **What is the purpose of a carer's assessment ?**

The purpose of a carer's assessment is to look at the help you currently provide and to determine your needs as a carer. It will help to ensure that you are getting all the support and resources that you are entitled to.

This will take into account other aspects of your life:

- family
- employment
- social activities
- leisure activities
- your age
- your health
- any support services already in place.

## **What type of support might be available ?**

- Services that help with the support you currently provide
- Services that give you a break from caring for a few hours, a day, a weekend or a week
- Information about housing, equipment and adaptations
- Welfare benefits advice
- Carers' organisations, both city wide and in your neighbourhood
- Local carers' groups
- How to arrange a needs assessment for the person you care for
- Information about services and their costs.

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It is important to note that any services that might have a direct impact on the cared for person can only be provided with the cared for person's, or guardian's, consent.

## About the assessment

There are two types of needs assessment available to carers.

**Carer's self assessment** - you can complete a short form, where you will be asked to record details about the person you support, the amount of support you currently provide to that person and details of any help or services that you think would help you to continue in your caring role.

**Full carer's assessment** - a social worker or occupational therapist from your locality can arrange to visit you to carry out an assessment. This will look at the support you provide and determine your needs as a carer.

**A social worker can explain which would be best for you.**

**If you would like to request a carer's assessment please contact**

Social Care Direct on 0131 200 2324 or  
E-mail [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)



## Some of the carer organisations and support for carers in Edinburgh

Carers centre for information, training, counselling and advice.	VOCAL-Voice of Carers' across Lothian	0131 622 6666
Young Carers	Edinburgh Young Carers Project	0131 475 2322
Mental health issues	Edinburgh Carers Council	0131 554 5153
Breaks from caring and information	Care for Carers	0131 661 2077
Minority ethnic carers	MECOPP	0131 467 2994
Courses and support for carers	The Cal re Project	0131 446 3321
Traumatic head injury	Edinburgh Headway Group	0131 537 9116
Sitter service for carers	Crossroads (Caring for Carers) Edinburgh	0131 346 1596
Carers of a person with serious mental health difficulties	Edinburgh Carers Support Project	0131 557 9162
Carers in north west Edinburgh	North West Carers Centre	0131 315 3130
Carers in south west Edinburgh	Wester Hailes Carers Project	0131 458 3080
Advocacy, befriending, sitter services and courses	Oxgangs and Pentlands Carers Project	0131 441 5099
Support, information and learning opportunities in South Queensferry	Queensferry Care - Carers Support Project	0131 331 5570

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If you are looking for further information, there is lots of help and advice available on the web:

Carers Scotland website - [www.carerscotland.org](http://www.carerscotland.org)

NHS Lothian Website - [www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)

VOCAL website - [www.vocal.org.uk](http://www.vocal.org.uk)

Direct Government website - [www.direct.gov.uk](http://www.direct.gov.uk)

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS on 0131 242 8181 and quote reference number 06831. ITS can also give information on community language translations.

You can get more copies of this document by calling Social Care Direct on 0131 200 2324

欲查詢本文件的翻譯訊息，請致電愛丁堡市議會傳譯及翻譯服務部(ITS)，電話0131 242 8181並說明檔案編號06831。

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