

What should I do if I want to go ahead with a Carer Assessment?

If you would like a Carer Assessment, you should speak to your named worker or the named worker of the person you care for (for example Social Worker, District Nurse or Occupational Therapist). They can arrange an assessment with you.

You may also talk to your GP if you feel you need a referral into a service within the Trust.

Contact Details

If you would like further information on Carer Support within Northern Health and Social Care Trust contact:

Carers Coordinator
Equality Unit
Route Complex
8E Coleraine Road
Ballymoney
BT53 6BP

Telephone: 02827661377

Email:
carers.coordinator@northerntrust.hscni.net



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Our Vision

To deliver excellent integrated services in partnership with our community

Carer Assessment

Information for Carers

If you would like to give feedback on any of our services please contact:

Email: user.feedback@northerntrust.hscni.net

Telephone: 028 9442 4655



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Who can have a Carer Assessment?

There are 54,000 carers in the Northern Health and Social Care Trust area, you may be one of them. If you are providing regular substantial care for a relative, neighbour or friend, have a think about what you do. Do you assist them with getting dressed or bathing, cooking or cleaning, making sure they are taking medication, or co-ordinating their appointments? If this sounds like you, or the type of support you provide, you should be offered a Carer Assessment.

What is a Carer Assessment?

A Carer Assessment is an opportunity for you to tell us about the care you provide and how it affects your life. It is NOT an assessment about your ability to care or the support you provide for your relative or friend. Along with your named Trust worker (for example a Social Worker or District Nurse), you will have the opportunity to chat about how your caring role affects you, and to identify any extra support needed to help you in continuing to care for your relative or friend whilst looking after your own wellbeing.



Before the assessment you should consider the following:

- Think about what tasks you carry out in your caring role and what you find the most difficult.
- Think about whether you want to have the assessment carried out with or without the person you care for being there. You may feel you can speak more freely on your own.
- Be open with the person carrying out the assessment about your feelings and difficulties.
- Think about what would be helpful for you in your current circumstances.

What will I get from a Carer Assessment?

Carers have found that preparing for the assessment has helped them to think more clearly about their caring situation. Having a Carer Assessment gives you the opportunity to talk about how caring affects your physical and emotional health, what you find difficult at the minute and any concerns you have for the future.

What carers have said about a Carer Assessment:

“It felt so good to be able to say out loud all the feelings I was having about my caring role.”

“during the carer assessment the focus was on me for once and I felt valued and listened to more than at any other time since I began looking after my loved one”.

During the assessment you may also be given some practical resources and information that may be useful to you such as:

- Information about the condition of the person you are caring for.
- A Carer Connect Card, if you would like to be kept up to date with information and what is available for carers in the Northern Trust area.
- Information of Carer Support Groups
- Training and classes to support you in your caring role
- Signposting to the Carer Support Team