



Fact sheet

My Carer's Assessment

What you need to know for a
Carer's assessment meeting
from adult social services



My Carer's Assessment



This factsheet can help me to prepare for my Carer's assessment which will be a conversation to explore what is important to me and how I can meet any identified needs to promote my health and wellbeing and support me in my role as an unpaid carer



I can make reference to this throughout our conversation



I can make notes at the end so that I remember the important things I wish to discuss and explore

My carers assessment

This factsheet is to help you get ready for your carers assessment. Keep it somewhere safe. You may want to use it during and after your assessment too. In the printable version, there is space for you to write notes. This is to help you remember things you want to talk about or ask us.

Things you may want to ask us or talk about

To get the most out of your meeting with a social care worker, it is good to be prepared. Start thinking about how you would like things to be in the future. You could think about:

- What you want life to be like
- How your life used to be and what you would like to be able to do again
- What you are finding difficult to manage
- Anything you feel would help you
- What things you enjoy doing

Talking to a social care worker

We may talk to you over the phone or arrange to visit you.

We will discuss how we can help you to promote your health and wellbeing and the best way to get any information, advice and support you need.

We will listen and help you to create your plan including:

- How your friends and family, networks, local community and charities can help
- Which organisations either you or we will contact
- Your wishes around your caring role and access to work, education or leisure
- Any support we could provide

We will check back to ensure your plan is working well for you

What if?

What if I need support to express my views and wishes?

We will take time to understand what your communication needs are. We can make use of interpreters, sign language interpreters, picture cards and more!

What if I need further assistance and have no family, or friends to help?

We can connect you to an advocate who can help you to ensure your needs and wishes are heard and challenge any decisions you are unhappy with

How will I know if things are working well?

The support I receive in my caring role suits me as an individual

I am able to achieve my own goals and maintain my own employment/study

I feel understood, listened to and respected by professionals

I can access support services in a timely way, as and when I need it

I have the information and support I need to plan for the future

I am able to take a break from my caring role to support my own physical and mental health

I am in control of the support I can give as a carer, and I am able to live my life the way I want to

How to contact us:

Adult Social Care

To get more information about adult social care services you can:

Go online: Lancashire.gov.uk and click 'Health and Social Care'

Call: 0300 123 6720 or out of hours 0300 123 6722

Compliments, Complaints or Feedback?

Go online: Please complete the online form from [Lancashire.gov.uk](https://www.lancashire.gov.uk)

If you prefer you can:

Call: 0300 123 6720.

Email: complaintsandfeedback@lancashire.gov.uk

Are you worried about somebody?

To get more information about adult social care services you can:

Go online: Lancashire.gov.uk and click 'Health and Social Care' and then 'Safeguarding Adults'.

Call: 0300 123 6720.

I can now use this space to make a note of anything important to me that I would like to share during our conversation:
