

Adult Social Care

Best Practice Guidance for Carers Care Act Assessments

A Care Act Carers Assessment should be offered to any carer with an appearance of need for support. A carer should be involved in their assessment and support planning, supported through a **strengths based** intervention. They should also be given the opportunity to arrange for anyone else they wish to be involved in their assessment.

The Carers Assessment must establish:

- The carers need for support.
- The practical and emotional sustainability of their role.
- The willingness and ability of the carer to continue providing support.

Persons Centred Principals should be applied when carrying out a Carers Assessment to ensure a holistic view of the carer's needs are captured.

Consideration to be given to the following:

- **What is important to the carer?**
- **What existing support networks do they have?**
- **What wider network of support do we need to consider, including other professionals?**
- **What none commissioned services have you used?**
- **Who do you need to introduce them to? (consider the role of the Community Participation Team)**
- **What support have we explored for others carers that has worked well?**
- **What considerations have you given to the carers potential future needs for support?**
- **Is the carer able and willing to continue in their caring role?**
- **What assets do they have that they are able to use and expand?**
- **What do they need to explore to support their resilience in their caring role? (Consider groups in the community, OT support, specialist health services.)**
- **What outcomes have we identified with them in their support plan to increase their independence?**

A Carers Assessment will help **determine the level of care and support a carer provides to an individual**. As part of the assessment process consideration to be given to the following 3 conditions:

Condition 1 – the carer's needs for support is due to providing necessary care to an adult. Carers can be eligible for support even if the cared for does not have eligible



needs. Necessary care should be viewed as the cared for requiring support with activities as part of everyday life but is unable to do so.

Condition 2 – As a result of their caring responsibilities the carer’s physical or mental health is either deteriorating or is at risk of deteriorating **or** the carer is unable to achieve any of the outcomes specified below:

- Carrying out any caring responsibilities the carer has for a child
- Providing care to other persons for whom the carer provides care
- Maintaining a habitable home environment in the carer’s home, whether or not this is also the home of the adult needing care
- Managing and maintaining nutrition
- Developing and maintaining family or other personal relationships
- Engaging in work, training, education or volunteering
- Making use of necessary facilities or services in the local community, including recreational facilities or services
- Engaging in recreational activities.

Condition 3 – As a consequence of being able to meet a single or a combination of the above outcomes there is, or likely to be a significant impact of the carers wellbeing. A significant impact would be if a carer was unable to achieve an outcome (as described above) as follows:

- The carer is unable to achieve an outcome without assistance;
- The carer is able to achieve it without assistance but doing so causes the carer significant pain, distress or anxiety; or
- The carer is able to achieve it without assistance but doing so endangers or is likely to endanger the health or safety of the carer, or of others.

Once a Carers Assessment has been completed the Carers Support Plan should be designed in partnership with the carer to ensure the outcomes are met in a person centred way.

If information is used from previous assessments/reviews/support plans this must be clearly identified where the information is from, who completed the assessment and why it is now still relevant.

Each Carer’s Assessment should have clear outcomes that are important to the carer to support them in their caring role. Consideration should be given to early reviews where outcomes are progressive and need more frequent monitoring.

Please follow LAS process and Carers Peer Challenge Process

A copy of the Assessment is sent to carer within **10 working days** from completion.

Remember Defensible Decision Making and Professional Curiosity should be applied throughout any intervention – please refer to good practice guidance tools for these principles.

