

## Carers Assessment

### What is a carer's assessment?

If you care for an adult in Birmingham and caring has a major impact on your life, you can talk to Disability Resource Centre or Birmingham Carers Hub about the help and support you may need. This is called a carer's assessment which Disability Resource Centre and Birmingham Carers Hub undertake on behalf of the Birmingham City Council. This can happen even if the adult you care for is unwilling to accept help.

### To work out what support would be most helpful, we need to consider:

- What help the person you care for needs
- What help you are providing or you intend to provide (for example, when the person you care for is discharged from hospital)
- What help you require to maintain your caring role
- What help Disability Resource Centre or Birmingham Carers Hub and other organisations may provide including Birmingham City Council
- Your wish to work, undertake training/education or leisure activities.

### As part of your Carer's Assessment, we will encourage you to think about:

- The strengths and resources you have and how these can be best used
- What changes could be made and what would help improve your wellbeing
- How a Wellbeing Payment could make a real difference and what other support is needed.

You should also be able to contribute to the discussion of the needs of the person you care for so your needs are taken into account when planning services or options for them.

If the person you care for is not receiving any care services, they may benefit from having their own assessment. You can arrange this by contacting Birmingham City Council on Telephone: 0121 303 1234 Or Email: [acap@birmingham.gov.uk](mailto:acap@birmingham.gov.uk).

### Requesting a carers assessment

If you care for an adult, you can ask for an assessment at any time. If your situation changes and you need more help, you can ask for a reassessment.

You do not have to have a carer's assessment; it will not stop the person you care for from receiving services.

You can ask a friend or representative to be with you for your assessment. You are entitled to a written copy of your carer's assessment.

When you contact Disability Resource Centre or Birmingham Carers Hub to request a carer's assessment, we will undertake the assessment by asking you questions about your caring situation and the impact it has on your wellbeing. We will assist you to consider the options that may assist improve your wellbeing as well as remaining safe and resilient in your caring role.

Disability Resource Centre offer home visits and benefits checks and referrals to other organisations that may be able to support the carer and the person you are caring for.

There is no charge for a carer's assessment and Carers are not currently charged for support they may receive.

### Carer wellbeing payment

Birmingham City Council has closed the Carers Grants scheme so carer (short break) grants are no longer available. However, because of the Council's ongoing commitment to support carers, they have transferred funds to Birmingham Carers Hub in order to offer 'Carer Wellbeing Payment' to eligible carers.

As part of undertaking a carer's assessment (caring for an adult only), your needs as a carer will be identified. We will agree with you how these needs will best be met and what specific outcomes you want to achieve. Your outcomes can be met in a number of ways including with the offer of support and services highlighted above. It may also include allocating you a 'Carer Wellbeing Payment'.

**Depending on your caring role, a Carers Wellbeing Payment will be awarded of:**

- £150 if you are providing 5 – 29 hours per week of essential care/support
- £250 if you are providing 30 hours or more of essential care/support per week

**If you would like more information or would like to have a carers assessment, please contact Disability Resource Centre and ask to speak to:**

- Vanita on 03030 40 20 40
- Email: [vlane@disability.co.uk](mailto:vlane@disability.co.uk)

**Alternatively, you can contact Birmingham Forward Carers on Info & Advice Line on 0333 006 9711 (low call rate)**