

Social Care, Health & Housing Department

Are you looking after someone who is elderly, vulnerable, or because of illness or disability cannot manage alone?

If you answer **Yes**, then
You are a Carer



**If you would like this
information in Braille,
large print or on
audio tape or disk
please telephone
01267 228925**

Information about other services provided by
Carmarthenshire County Council can be found on the
council's website: **www.carmarthenshire.gov.uk**

SCH1/15/09/b

Who are Carers?

A carer is someone of any age who provides regular and substantial unpaid care for somebody who cannot manage alone. There is no age limit to being a carer, even children can be **Young Carers**.

Caring can mean lots of different things. It may mean you help someone with personal tasks. For example, you may help with bathing or dressing or giving medication. It may mean you provide emotional support or supervision for someone who needs this.

What is regular and substantial care?

In Carmarthenshire, regular and substantial care usually means caring for someone for more than 12 hours a week. However, your personal situation may mean you can have a Carer's Assessment (an assessment of your needs) even if you don't always provide more than 12 hours a week.

What is a Carer's Assessment?

As a carer you may have needs that are different to those of the person you look after. We recognise that caring for someone can be very rewarding, but it can also be demanding, stressful and tiring. A Carer's Assessment is an opportunity for you to talk about

your needs, and the support we may be able give you to make it easier for you to care for someone at home.

How do I get a Carer's Assessment?

Get in touch with your local social care office (details on page 6) and tell them you want a Carer's Assessment. You will need to give some basic information about yourself and the person you care for. This includes names, addresses, dates of birth and some information about your situation.

What happens next?

We will arrange a visit to talk about your needs. You can choose to have it in private or have the person you care for at the meeting. We do advise that before the assessment visit, you consider talking things over with the person you care for, to try to agree what kind of help you both need. You are also welcome to have a friend or relative with you. If you want support to say what you think during the assessment, please let us know.

We see people as quickly as possible, depending on how urgent their situation is. We will tell you how long you might have to wait when you first contact us.

During the assessment we will ask you about:

- how caring affects your health, job, social life, finance, education and family life
- whether the person you are looking after gets enough support and the right type of support
- what support **you** are getting
- the situations you find difficult
- what sort of services might help you.

What type of help may be available?

- A needs assessment for the person you care for can be arranged
- 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 longer
- Information about housing, equipment or adaptations
- Welfare benefits advice
- Carers' groups and organisations, both local or national
- Telecare assistive technology – a non-intrusive approach to care that involves the placing of discreet sensors and automated devices around a person's home to help manage risk, 24 hours a day, seven days a week.

There are other organisations in Carmarthenshire that can offer help and support to carers, some of which are listed as follows:

Carmarthenshire Carers' Project can provide advice and guidance about caring issues, support workers and groups as well as a detailed Carers' Information Pack: **01267 236436**

Carmarthenshire Young Carers' Project can offer help, advice and guidance to children and young people who are caring: **01554 775232**

Crossroads Schemes can offer practical replacement care at home – from a few hours to an overnight stay:

Carmarthen/Dinefwr **01267 220046**

Llanelli/Cwm Gwendraeth **01554 754957**

Alzheimer's Societies give information, support and some practical care: **01554 779364**

Amman Valley Dementia Carers Support Group provides support, day care, specialist respite care in a small homely setting as well as training and social functions: **01269 591787**

Hafal (formerly NSF Cymru) can provide breaks from caring for carers of people with long-term mental health problems: **01267 223365**

Details of other organisations providing support to carers can be found in the Carers' Information Pack and this can be obtained from the Carmarthenshire Carers Project' office: **01267 236436**