



# Carer Assessments



**Find out about Carer Assessments:**



Caring can be tough.

You have a **choice** in what your caring role looks like.



Caring can make it hard to look after your **home**.

You might skip meals or find it hard to eat **healthy**.



Caring can affect your **relationships** and make it hard to have fun or rest.



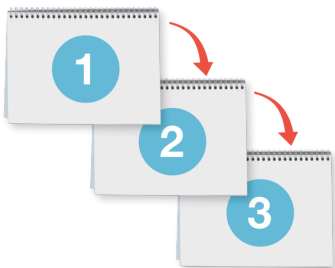
You might want to do **training** or work, but you are busy with caring.



You might have **multiple caring roles**.



It's important to have a **plan for emergencies**. Sometimes you aren't able to provide care.



We can **help you** with your caring role.

We can **support you with making a plan for emergencies**.

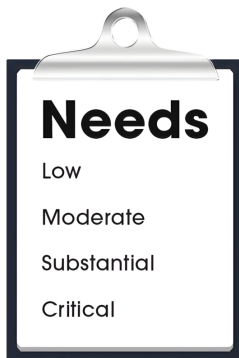


You can contact us for a **Carer Assessment** or **Wellbeing Review**.



We offer **Statutory Carer Assessments** and **Carer Wellbeing Reviews**.

These help us understand what you need and how we can help.



A **Statutory Carer Assessment** is for carers over 18 looking after another adult.

It shows us how caring affects your life and what support you need.



A **Carer Wellbeing Review** is a chance to talk about your problems and find support.

It is not as long as a Statutory Assessment but still helpful.



Before your assessment, think about how caring makes you feel.

**Make notes about what is important to you.**



**Contact us:**

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