

To arrange a Carer's Assessment

Please contact your local Social Work Practice Team.

Livingston Social Work Centre

Cheviot House, Owen Square
Livingston EH54 6PW
Tel: 01506 777777

Bathgate Social Work Centre

69 Whitburn Road, Bathgate EH48 1HE
Tel: 01506 776700

Broxburn Social Work Centre

Strathbrock Partnership Centre
189a West Main Street
Broxburn EH52 5LH
Tel: 01506 775666

Social Care Emergency Team (out of hours)

Tel: 01506 777401

How to make a complaint

If you are unhappy with the service you receive, please speak to the Social Work Team Manager. If you are still not satisfied, ask for information on how to complain from West Lothian Council Call Centre: 01506 777500

Useful Contacts

Your Local Carers Centre is:

Carers of West Lothian

Strathbrock Partnership Centre
189 West Main Street, Broxburn EH52 5LH
Tel: 01506 771750
Email: office@carers-westlothian.com
www.carers-westlothian.com

Vocal (Voice of Carers Across Lothian)

8 Johnston Terrace, Edinburgh
EH1 2PW
Tel: 0131 622 7625

NHS Helpline

Freephone: 0800 224 488
Open 8 am – 10 pm 7 days a week

Disability West Lothian

Tel: 0800 783 1824
Text: 01506-774044
Voicemail: 01506-774030
e-mail: enquiries@dwl.demon.co.uk

Benefit Enquiry Line
Freephone: 0800 882200

A Carer's Guide to a Carer's Assessment

Are you looking after someone?

Caring is a recognised and valued role
in every community across West Lothian



Who is entitled to a Carer's Assessment?

You are entitled to a Carer's Assessment if you undertake a 'substantial and regular' caring role for another person. **The following questions will help you to decide whether or not you are a 'substantial and regular' carer.**

- ▶ Do you live with/care for a vulnerable adult or a child with a disability?
- ▶ Are you the main or only carer?
- ▶ Is the cared for person at risk if you were unable to provide support?
- ▶ Do you have regular (daily/weekly) contact with the person?
- ▶ Do you require support to sustain the caring role?
- ▶ Are you under 18 years and undertaking caring responsibilities?

If you are in any doubt about your entitlement to a carer's assessment please contact your local Social Work Centre to discuss this with a member of staff. It is often the case that carers do not identify the significant caring role they undertake until they start experiencing difficulties meeting all the various needs of the

cared for person, along with the other demands of day to day living.

If in doubt, please get in contact. The contact details are on the back of this leaflet.

What is the purpose of a Carer's Assessment?

- ▶ The purpose of a Carer's Assessment is to look at the help that you provide and to determine your needs as a carer. This will take into account your commitments – family, employment, social, leisure, your age, your health and any support services already in place.
- ▶ It is important to note that any services to be arranged that might have a direct impact on the cared for person can only be provided with the cared for person's (or guardian's) consent.

Things to Consider

It is worthwhile if you spend a little time to consider things that make life difficult for you and what might help. It may be useful to make some notes so you don't forget anything.

Think about the following:

- ▶ Welfare benefits advice.
- ▶ The Home Safety Service (technology to support you and the person you care for in your own home(s))

- ▶ Information on who to contact in an emergency.
- ▶ To be put in contact with a carer's centre and other carers.
- ▶ Information about other housing options.
- ▶ Adaptations to the home/equipment.
- ▶ Services that give you a break for a few hours/day/weekend/week.
- ▶ Help with the support you provide.
- ▶ Activities for the person you care for.
- ▶ Help to get/keep employment.
- ▶ Counselling.
- ▶ Information about services and their costs.

You may think of other things that might help you.

About the Assessment

- ▶ The assessment can take place where/when it is convenient for you.
- ▶ You may wish the assessor to be of the same gender.
- ▶ You can choose if you would like the person you care for to be present.
- ▶ You may prefer to have someone with you e.g. a friend or an advocate.
- ▶ If you need someone to translate or sign, mention this and it can be arranged.