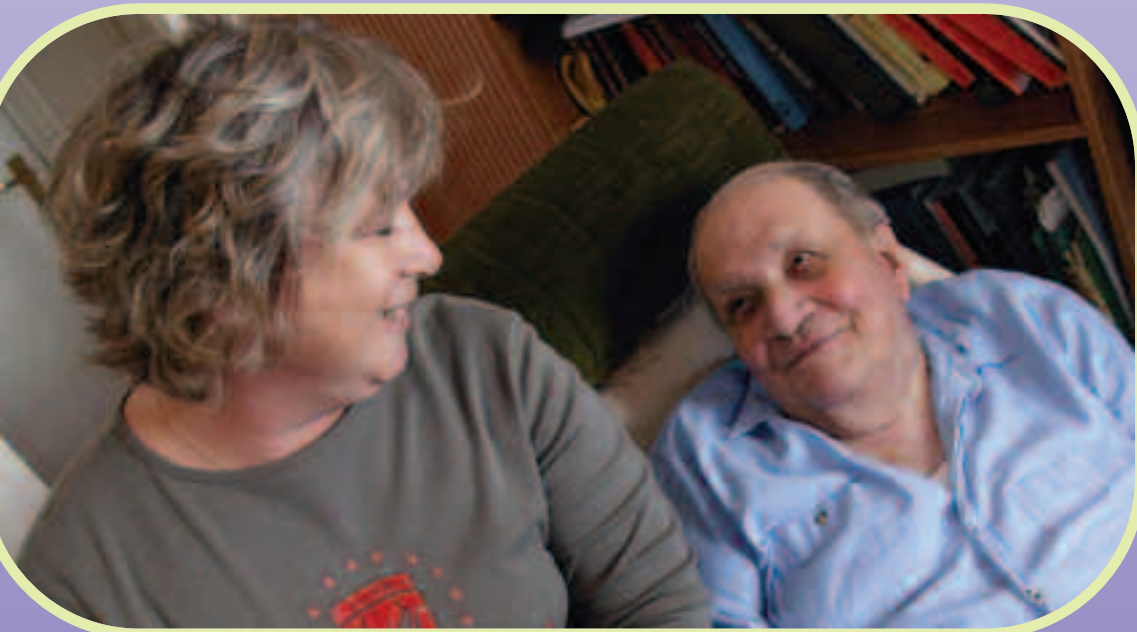




Nottinghamshire  
County Council

# Do you look after someone?

How Adult Social Care  
& Health can help



Information for  
**Carers**

June 2007

## Are you a carer?

Do you look after an adult who is frail or has a long term illness or disability and needs your support to live at home?

This means you are a 'carer'. You could be a relative, friend, or neighbour. You don't have to live with the person, nor do you have to be the only person who does the caring.

Caring can mean lots of different things.

It may mean you help someone with personal tasks. For example: help with bathing or dressing or giving medication.

It may mean you provide emotional support or supervision for someone who needs this.

### extra information

The term 'Carer' does not include care worker or care staff who are paid to provide care as part of employment. It also excludes volunteers and foster carers.

## What help can I get?

You can get support to help you continue to care. The person you care for needs to be living in the county of Nottinghamshire.

### extra information

If the person you care for lives in the city of Nottingham contact Nottingham City Council on **(0115) 915 5500**.

## The Carers Unit

The Carers Unit offers

- **Advice and information for carers**

We can talk to you about help and support available. This includes information about carer's assessment, support groups, practical help, taking a break.

- **The County emergency card for carers**

You carry this card so that in an emergency, care may be provided on your behalf.

- **Connect - keeping you up to date with local and national news and information for carers**

You receive a regular newsletter and other information.

Get in contact with the Carers Unit on **(0115) 967 1063**

or visit our website at [www.nottinghamshire.gov.uk/carers](http://www.nottinghamshire.gov.uk/carers)

## Welfare Rights Advice

The Welfare Rights Service also provides free, independent information, advice and advocacy on welfare benefits.

Tel: **0845 601 5943**

between 11am - 1pm weekdays. Please leave a message and your call will be returned in the afternoon.

For leaflets or where to go to get advice:

Tel: **(0115) 977 4018**

## Is there any further help I can get?

There may be help available to give you a break from caring or to support you in some other way. To find out if you are eligible for this help you need to have a carer's assessment.





# Carer's Assessments

## Who can have a carer's assessment?

The carer's assessment is available to carers who provide, or intend to provide, regular and substantial care. In Nottinghamshire, 'substantial' usually means 20 hours a week or more. However, your personal situation may mean you can have an assessment even though you are caring for less than this amount of time.

You can have a carer's assessment whether or not the person you care for has had a community care assessment.

## How do I get a carer's assessment?

Get in touch with your nearest social care services office or the carers unit and tell them you want a carer's assessment (contact details on page 6). Let us know whether you need an interpreter.

### *extra information*

A separate leaflet "How to get help from Adult Social Care & Health - a guide to assessments" is available from local social care services offices.

When you first ask for help you will need to give some basic information about you 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. We call this an assessment. You can choose to have it in private or with the person you care for present. You are 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.

You will also receive a carer's checklist. This is to help you think about the things you might want to talk about during your assessment.

### *extra information*

If the person you care for has a **mental health** issue then contact the Adult Mental Health Carer coordinator for your area.

Rushcliffe, Broxtowe & Gedling

Tel: **0115 969 1300**

Mansfield, Ashfield, Bassetlaw, Newark & Sherwood

Tel: **01909 533 800**

## What will we talk about during the assessment?

The assessment is a time for you to talk about your needs and the support we may be able to give you.

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.

## How long will I have to wait for an assessment?

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.

## What happens next?

We will agree a care plan with you. A care plan will say what kind of help we will arrange for you.

## Will I need to pay for services?

There is no charge for services provided to you as a carer.

## Further help

If you have any comments or want to talk to someone about having an assessment or other carer services please get in touch with the Carer's Unit.

## Contact Details

### Carer's Unit

**3 Church Street, Arnold, Nottingham NG5 8FD**

telephone: **(0115) 967 1063**

email: **carersunit@nottsc.gov.uk**

website: **www.nottinghamshire.gov.uk/carers**

### Local Social Care Services offices

**Beeston** ☎ (0115) 917 5800 *minicom: (0115) 917 5808*

**Gedling** ☎ (0115) 854 6000 *minicom: (0115) 854 6210*

**Mansfield** ☎ (01623) 433 433 *minicom: (01623) 433 248*

**Newark** ☎ (01636) 654 654 *minicom: (01636) 654 450*

**Sutton** ☎ (01623) 405 300 *minicom: (01623) 405 367*

**West** ☎ (0115) 914 1500 *minicom: (0115) 914 1646*

**Bridgford**

**Worksop** ☎ (01909) 535 602 *minicom: (01909) 530 294*

## Urdu

اگر آپ کو یہ اشاعت کسی دوسری صورت میں یا اس کا اردو میں  
ترجمہ چاہیے تو براہ مہربانی سروس انفورمیشن ٹیم سے رابطہ کیجئے۔

## Hindi

यदि आप इस प्रकाशन को किसी ओर रचना या हिन्दी  
भाषा में चाहते हैं तो कृपया सर्विस इन्फोरमेशन टीम  
को सम्पर्क करें

## Punjabi

ਜੇਕਰ ਤੁਸੀਂ ਇਸ ਪ੍ਰਕਾਸ਼ਨ ਨੂੰ ਕਿਸੀ ਹੋਰ ਰਚਨਾ ਜਾਂ ਪੰਜਾਬੀ ਭਾਸ਼ਾ  
ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਰਵਿਸ ਇੰਫੋਰਮੇਸ਼ਨ ਟੀਮ ਨੂੰ  
ਸੰਪਰਕ ਕਰੋ।

Contact us if you would like further copies of this  
publication, or you need the information in a  
different language or format:



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Health Department, County Hall, West Bridgford,  
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e-mail [communications.ssd@nottscc.gov.uk](mailto:communications.ssd@nottscc.gov.uk)

website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)



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