

Carer's Needs Assessments and Support for Carers of Children (Parent Carers)

 **01792 635700**



Who is this factsheet for?

This factsheet is for carers of disabled children - parents or someone else who has responsibility for looking after the child. It tells you how you can ask for support from Social Services.

We have separate factsheets for carers of adults with an illness or disability and for young carers (under the age of 18). If you would like a copy please ask us or download one from our website.

Getting your needs as a carer assessed

If you are in touch with Social Services and we are assessing your child's needs, we will also talk to you about your own needs as a carer. We follow guidance called *Framework for the Assessment of Children in Need and their Families*. We look at what help your child needs, over and above what any child would need, and take account of what you feel you are able to do, and what support you feel you need.

In some cases, we will also do a separate Carer's Needs Assessment. This only happens if:

- you ask for one *and*
- we think that you have significant needs in your own right *and*
- your child is eligible for DLA at the middle or higher rate *and/or*
- the Social Services Child Disability Team is working with your child.

How does a Carer's Needs Assessment work?

A social worker will meet with you to talk about how you are coping with looking after your child. The assessment is not a test to see if you are doing it well enough, but an opportunity for you to talk about how you feel and what effect caring has on your life.

The Carer's Needs Assessment is also a chance for you to find out if you will get any support from Social Services, to help you in your role as carer.

The assessment may look in detail at:

- Your physical and emotional health
- What would happen if you were ill, or if there was some other emergency
- How long you have been caring
- How much help you receive
- How often you don't have a full night's sleep
- The physical, emotional and practical impact of your caring role
- Any other responsibilities you may have such as other dependent children
- Whether you are in paid employment or would like to work or take up training while continuing with your caring role
- What effect the caring role has on your other relationships and friendships
- Whether you have any 'free' time outside your caring role, and whether you have any time for leisure activities.

Preparing for the Assessment

You can prepare for either your child's Assessment or the Carer's Needs Assessment by thinking about the kind of help that would make it easier for you to care. Make a list of everything you do to help the child you care for. Write down how often you do these things, and how long they take. If you wish you can also tell us how you feel about the things you do, and whether you find any of them difficult or stressful.

Why should I have a Carer's Needs Assessment?

The Carer's Needs Assessment could:

- provide an opportunity to talk through issues, consider your own needs, and think about planning for the future.
- provide information on practical support, benefits, grants, carers groups and voluntary services.

Support for young carers

A carer can be any age. Perhaps there is another child in your family who helps to care for the disabled child. Carers under the age of 18 are called **young carers**, and they are entitled to ask for assessment of their own needs. Arrangements for support for them are slightly different from those for adult carers. Further information can be found in our factsheet *Support for Young Carers*.

The Child Disability Index

The local authority is required by law to maintain a Child Disability Index. This is a confidential, secure computer database which holds certain information about children and young people aged 0-18 with any disability which has a "marked impact on their daily life".

The Child Disability Index provides a means of two-way communication between the local authority and its partners and disabled children and their families to exchange news and ideas and plan for the future. It also

enables the local authority to collect and supply information for planning and statistical purposes.

Registration on the Child Disability Index is voluntary. For more information see www.swansea.gov.uk/childdisabilityindex or ring the Administrator on 01792 515050.

Contact us

If you would like to find out about either a Carer's Needs Assessment, or an assessment for the child you care for, or want to find out about assessments for young carers, please contact:

Children's Central Advice, Referral and Assessment Team (CCARAT)

☎ 01792 635700

Email: access.information@swansea.gov.uk

These are also the contact details to use if you want to ask for an assessment of your child's needs.

For general advice or information about how Social Services can support children with disabilities and their families please contact:

Child Disability Team

☎ 01792 515050

Please note that the Child Disability Team cannot provide support until an assessment of the child's needs has been completed. All referrals must be made via CCARAT (details above).

Other sources of support

Two national organisations with local links provide support and advice for carers. Both have useful websites.

Carers Trust www.carers.org

Carers UK www.carersuk.org

Swansea Carers Centre provides information, help and support for carers. This includes benefits advice, counselling,

IT training, activities and support groups.

Swansea Carers Centre
104 Mansel Street
Swansea SA1 5UE

 **01792 653344**

Website: www.carers.org/swansea


A **Parent Carer Forum** meets once a month at Swansea Council for Voluntary Service. This provides a support and development service for families, a chance to share information and ideas and the opportunity to participate in planning and decision making for the development of services.

Sandra Spratt

 **01792 544019**

Email: sandra_spratt@scvs.org.uk

Mentro Allan is a project run by volunteers that provides weekly exercise and activity sessions for carers, including Nordic walking, cycling, a 'Wednesday adventure' and pilates.

 07837 781315 (Anne Morris)

Contact a Family is a national organisation for families with disabled children. It provides information and advice through publications and its website.

Contact a Family Cymru
33-35 Cathedral Road
Cardiff CF11 9HB

 **029 2039 6624**

Email: wales.office@cafamily.org.uk

Website: www.cafamily.org.uk

SNAP Cymru provides information and support to the families of children with special educational needs.

 **0845 120 3730**

Website: www.snapcymru.org

The Swansea Carers Action Group has produced a leaflet *Information for Carers in Swansea* which lists a wide range of other organisations providing help and support to carers in Swansea. For a copy ring Social Services on 01792 636693 or see our website.

There is also information about caring for a disabled child on the Direct Gov website www.direct.gov.uk/en/CaringForSomeone/CaringForADisabledChild/

Swansea Social Services and personal information

When you are in touch with Social Services, we will keep information about you in written records and computer files. We will keep this information confidential, except where we need to share it with people providing you with care, or to protect you or other people. You have a right to ask to see records we keep about you.

We can give you more information about how we handle personal information. Phone 01792 636693 for a factsheet.

Comments and complaints

We welcome any comments about our services – good or bad. We are interested to hear how we could do things better, and we like to know when we are doing well.

If you are unhappy with the services you receive, we encourage you to make a complaint. Full details are given in the leaflet ***Making a comment, complaint or compliment about Social Services***. For more advice or information about making a complaint, you can contact our Complaints Officers on 01792 637345.

This information is also available in Welsh and in alternative formats, such as large print, on audiotape, in Braille, or electronically. Please phone 01792 636693 for copies.