

www.islington.gov.uk/carers



A Guide to Carer's Needs Assessments and Services

Are you a carer?

If you look after a relative or a friend without payment, who could not manage without your help, then you are a carer.



Are you a carer?

A carer is someone, who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability.

A young carer is a child or young person under the age of 25 carrying out significant caring tasks and assuming a level of responsibility for another person, which would normally be taken by an adult.

Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age.

Many carers do not consider themselves to be a carer, they are just looking after their mother, son, daughter, partner or best friend, just getting on with it and doing what anyone else would in the same situation.

Carers who claim Carer's Allowance are still 'unpaid carers'. This leaflet is for carers aged 16 and over. If you are a carer aged under 16, please contact the Young Carer's Service on 020 7272 4412.





Services for Carers

In addition to the information and advice available, other services available to Islington carers include:

- **Carer's Emergency Card**

This is a red alert card, which tells the emergency services that you are a carer, and someone relies on you for help. Should something happen to you, the person you care for will not be forgotten. By registering for this card, you can also get an extra lending allowance and reduced late fees at Islington libraries. There is no charge for this service.

- **Direct Payments**

A direct payment is cash that is given to you instead of a service from social services.

For example, if your carer's assessment shows that you need regular breaks, but you don't want to use our services, you can opt to have the cost of this service paid directly to you instead.

You can spend this direct payment on meeting your needs, for example driving lessons, housework and gardening, evening classes, gym membership and help with travel costs. There is no charge for this service.

What do carers do?

You may carry out a variety of tasks for the person you support, which could include:

- help with bathing and dressing
 - help to go to the toilet
 - assistance with medication
 - practical tasks such as cleaning, washing or shopping
 - help with their finances
 - taking them to out door activities
- or
- just being with them to make sure they are safe

What help can I get?

Social services can support you directly, as long as the person you care for is eligible for support from us.

If you want to find out how we could support you, ask for a **Carer's Needs Assessment**.

- **Day Care**

We can arrange for the person you care for to take part in the social and leisure activities on offer at one of the day centres in the borough. There may be a charge for this service.

- **Residential/nursing care short break**

The person you care for can stay for a number of nights in a residential home to give you a break from caring. There may be a charge for this service.

- **Home care**

Someone can support the person you care for in his or her home to allow you to take a break. There may be a small charge for this service.



- **Telecare scheme**

'Telecare' describes a range of technical solutions that can make the person you care for safer in their own home.

For example, a door sensor can be fitted so that an alarm is triggered if a door is left open in the middle of the night, or a gas sensor can be fitted to detect a gas leak. The sensors are connected to a central control room who can either send a warden to investigate or contact you as the carer.

If someone is in need of telecare, either a social worker, occupational therapist or nurse can complete the assessment form. The Telecare Project Officer then visits to discuss the options available. For more information call the Project Officer on 020 7527 5212. There is a small charge for Telecare services.

- **Benefits advice**

Following a carer's assessment, our dedicated Welfare Benefits advice team will make sure you receive all the right benefits, such as **Carer's Allowance**.

Carer's Allowance is paid by the Department for Work and Pensions, and may affect the benefits of other members of your household. The team will be able to help you with this. There is no charge for this service.



If you want to find out how we could support you, ask for a **Carer's Needs Assessment**.

This will give you the chance to tell us how being a carer is affecting your life. You may find that you have little time for yourself, have difficulty sleeping or other health problems related to caring, or you may be having difficulty remaining in or finding paid employment.

The assessment is usually carried out by a care manager or social worker. In some cases a worker from the Islington Carers Centre, Centre 404 or other voluntary organisations can carry out an assessment on our behalf. Each assessment covers:

- what you do for the person you care for and what impact this has on you
- what help the person you care for needs and
- the services that could support you

Notes from the discussion are written down on a form, and a copy sent to you.

You can ask for a blank copy of the form before your assessment, so that you can give a clear and accurate reply to each question. The form can be downloaded from our website www.islington.gov.uk/carers.

To request a carer's needs assessment, either:

- fill in the form on the back page and send it in or
- contact the Information and Access Team on 020 7527 2299 or
- email them at information.accessteam@islington.gov.uk

Further Support

Islington Carers Centre

For all carers who support someone in Islington

W www.islingtoncarerscentre.org

T 020 7263 9080

E islingtoncarers@btconnect.com

Information and advice stall – first Tuesday of the month at Central Library, 2 Fieldway Crescent.

Centre 404 Family Support

For family carers of children under 16 with disabilities and family carers of a young person aged 16+ and an adult with a learning difficulty

W www.centre404.org.uk

T 020 7697 1336 (16+ and adults)

T 020 7697 1325 (children's)

E family@centre404.org.uk

Age Concern Islington

W www.acislington.org.uk

T 020 7837 8723

E admin@acislington.org.uk

Age Concern Islington also run two carers groups at the following locations:

Drovers Centre

(Group runs on first Wednesday of each month, 2:30–4:30pm)

T 020 7607 7701

E drovers@acislington.gov.uk

Sotheby Mews Centre

(Group runs on third Tuesday of each month, 1:30–3:00pm)

T 020 7226 1421

E sothebymews@acislington.gov.uk

Alzheimer's Society Islington

W www.alzheimers.org.uk/

BranchWebsites/islington

T 020 7837 8723

E alzheimers-isl@freeuk.com

CASA Family and Friends Group

For carers of people who abuse drugs and alcohol

T 020 74278 5954

Family Action Islington: Young Carers Service

W www.family-action.org.uk

T 020 7272 4412

E islington.youngcarers@family-action.org.uk

Housing Advice

W www.islington.gov.uk/housing

T 020 7527 4140 or if homeless
020 7527 2000

E housing@islington.gov.uk

Islington MIND

W www.islingtonmind.org.uk

T 020 7561 5289

Islington PCT

The PCT (Primary Care Trust) provide health services in Islington

W www.islingtonpct.nhs.uk

T 020 7527 1000

Lambo Carers Group

For carers of black and minority people with a mental health difficulty

T 020 7263 3046

Manor Gardens Befriending and Respite scheme

W www.manorgardenscentre.org

T 020 7561 5268

I would like a Carer's Needs Assessment

Name _____

Address _____

_____ Postcode _____

Telephone Number _____

Name of the person you care-for _____

Their address _____

_____ Postcode _____

Illness/disability of the person you care for _____

Are you or the person you care for already in contact with social services?

Yes No

Please tell us briefly about your caring role (what you do, how this affects your life, work and leisure opportunities): _____

Please let us know what services you may be interested in:

Emergency Card Home Care Direct Payments

Day Care Telecare Information

Residential / Nursing short break Benefits Advice



Please return this form to: Information and Access Team,
Calshot Community Care Centre, 57 Calshot Street. N1 9XH



If you would like this document in large print or Braille, audiotape or in another language, please contact 020 7527 8154.

To find out more about the scheme and how to join please contact

Carers Officer

The Partnerships Team

338-346 Goswell Road


London EC1V 7LQ

E carers@islington.gov.uk

T 020 7527 8154

F 020 7527 8362

W www.islington.gov.uk/carers

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