



CARERS' Assessment

For support, help and information
contact us on...

01443 864604



e-mail: carers@
web: www.ca

Who is a carer?

Carers are people who look after family members or friends who need care, help or support. Carers can be adults caring for other adults, parents caring for ill or disabled children under the age of 18, or young carers aged 18 or under, who care for another family member. There isn't a 'typical' carer.

Some do not see themselves as carers, but primarily as a parent, child, wife or husband, partner, friend or neighbour.

Some carers live in the same house as the person for whom they care. Others live nearby and visit regularly. Caring often impacts on the whole family.

What is a carers' assessment?

A carers' assessment gives you the opportunity to tell us about your situation. Tell us what you do, how caring affects you, what help you get and what help you think you need.

Sometimes, carers worry about talking to us because of loyalty, guilt, fear, not coping, or pride. Sometimes, carers may be angry because they have asked for help before and feel they have got nowhere. Don't let these feelings get in the way of having your needs assessed.

By letting us know your situation, we can make sure you receive information and advice, which could be helpful to you.

How to arrange your carers' assessment

If you are providing a significant amount of care to a member of your family, friend or neighbour and would like more information about a carers assessment, please contact the Adult Services Duty and Information Team (ASDIT).

Phone: 0808 100 2500

Fax: 01443 873627

Minicom: 01443 873626

Email: ASDIT@caerphilly.gov.uk

Following contact with the Adult Services Duty and Information Team (ASDIT), arrangements will be made for your carers' assessment to be carried out by the most appropriate person, at a time and place most suitable to you.

Alternatively, you can discuss this with the Care Manager of the person you care for, who can arrange the carers assessment once eligibility has been agreed.

Are carers valued?

Caerphilly county borough council recognises that carers are the main providers of care in our community. We realise that children and adults with disabilities or health problems depend on your support.

We recognise the valuable work that you do and want to work with you, supporting you and sharing the care, where possible.



Useful Contacts

Age Concern Hospital Discharge

Phone: 01495 227039 or 01495 230952

Email: hdscaerphilly@ageconcernngwent.org

Web: www.ageconcernngwent.org

Barnardo's Young Carers

Phone: 01633 612712 Email: caerservices@barnardos.org.uk

Web: www.barnardos.co.uk/caerphillyyoungcarers

Carers Support Worker Social Services

Phone: 01443 864604 Email: carers@caerphilly.gov.uk

Web: www.caerphilly.gov.uk/carers

Carers Wales

Phone: 029 2081 1370 Email: info@carerswales.org

Web: www.carerswales.org

Caerphilly Care for Carers Respite Sitting Service

Phone: 029 20882663

Village Homecare Respite Sitting Services

Phone: 029 2084 3214

Hafal Support service for people affected by mental health issues

Phone: 01443 879725

Email: trinhyder@hafal.org

South East Wales Crossroads Respite Sitting Service

Phone: 01495 769996