

# Looking after someone? A guide to carers' support in Surrey

**This is an accessible Word document of the designed publication, suitable for publishing on our website.**

Looking after someone?

## **Who are carers?**

“Carers look



Looking after someone?

Looking after someone?

## **Assessing your needs - support from Social Care, the NHS and others**

Once you have spoken to Action for Carers Surrey about your caring situation, they may direct you to support from Adult Social Care, the NHS or community-based services who may be able to provide the help you need.

To work out what support would be helpful in your situation, they would need to discuss:

- the needs of the person you care for
- what help you provide as a carer
- services available to support you
- support that can be provided to you and the person you care for by Adult Social Care.

### **Assessing your needs**

If you are providing care or support for someone and feel that your own health, relationships with friends and family, personal activities, work or education are under threat as a result of your caring role, you are entitled to a Carer's Needs Assessment to discuss the help you may need.

When carrying out the assessment, the council will adopt what is called a 'whole family approach'. This means considering how the needs of the person being assessed impacts on other family members, or anyone in their support network.

You can complete a Carer's Needs Assessment yourself, or you can get help from your family, friends, the person who is supporting you from the social care team, or someone from an independent organisation that has been trained to help you. Call Action for Carers Surrey - see page 3 for contact details.

### **If you are looking after an adult**

You can also contact the council direct to request a Carer's Needs Assessment. Contact the Adult Social Care information and advice line on: 0300 200 1005 or go to [Surrey County Council Adult Social Care website](#).

No matter what your financial circumstances, Adult Social Care offers all residents free information about care and support options to suit your requirements or those of a family member.

You can find local organisations on the [Surrey Information Point website](#) If you'd prefer to talk to someone in more detail call Action for Carers Surrey, see contact details on page 3.



## Looking after someone?

Since April 2015 rights to assessment for young carers state:

- all young carers under the age of 18 will have a right to an assessment regardless of who they care for, what type of care they provide or how often they provide it
- an assessment can still be requested but should also be offered
- local authorities must take a whole family approach to assessing and supporting adults so that young carers' needs are identified when undertaking an adult or adult carer's needs assessment
- local authorities should ensure that adult and children's social care services work together to ensure assessments are effective
- older young carers must be supported as they prepare for adulthood.

For further information contact Surrey Young Carers on:

Tel: 01483 568269

Email: [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)

[Surrey Young Carers Website](#)

### **Young Adult Carers**

Young adult carers are young people aged 18-24 who care, unpaid, for a family or friend with an illness, disability, mental health condition or an addiction. They may be looking at moving out of home, going into higher education or juggling working life while continuing to be a carer. Their needs may sometimes be different to those of other carers.

Many young people under 25 look after family members at a time when their own adult lives are just beginning. This puts added pressure onto young people, who may be juggling work or studies with their caring role. It can result in poor concentration, lateness and problems with attendance. Many carers don't confide in their tutors or employers about their caring role for fear of discrimination or of being viewed as different. Other young adult carers find that their caring role has a limiting effect on their life choices and that being a full time carer is all that they can manage.

There is a comprehensive interactive resource for 16-24 year olds, 'Be Informed!' on the [Action for Carers Surrey website](#). This leaflet includes information for older young carers who are preparing for adulthood and offers carers in this age group essential information on a range of issues affecting them. If you require pocket-sized printed







Looking after someone?

Looking after someone?

## Eating Well

As a carer, eating a balanced diet is essential to give you the energy and strength you need to look after someone else.

For further information and advice about this, please visit the [Action for Carers Surrey website](#) or the [Carers UK website](#) or call Action for Carers Surrey.

## Benefits Advice

The benefits system is often very complicated and changes regularly. For up-to-date independent information and advice, contact the Action for Carers Surrey helpline, see details on page 3.

Listed below are some of the main benefits and other forms of financial help that carers may be entitled to:

- Carers' Allowance and Carers' Premium if you are looking after a disabled person
- help with council tax including exemptions, discounts and benefits
- Attendance Allowance and Personal Independence. Payment for the extra costs incurred because of a disability (paid

