

Preparing to see your Carers' Resource caseworker

This factsheet gives general information to help you make the most of your time with a Carers' Resource caseworker.

Discussing your situation and completing applications or assessments can take over two hours so do allow enough uninterrupted time for an appointment. Your caseworker can advise on the time needed for your appointment.

What follows will help you prepare for your meeting.

Wellbeing Review

We complete a wellbeing review, or carer's assessment, at the start of our contact. When your circumstances change we may complete another to reflect this. You may want to think about the review before you meet your caseworker. We will ask about the person you care for and how you help them, about our own health and wellbeing and how you are coping. We will ask about your other family responsibilities, your social life and the support you get from family and friends. We will also ask about work, education and training, whether there are issues around your accommodation, and whether you need any financial advice. This will help us to decide how best we can help you.

Emergency Plan

Emergency planning varies a little according to where you live.

If you care for someone living in Bradford District, you need to complete a form, giving some basic details about yourself and the person you care for, and the contact details of two people who could provide temporary caring cover in the event of an emergency. Many people choose to complete this themselves and post it back to us.

If you need help from your caseworker to complete your emergency plan document, you will need to get details and the consent of your responders before we meet you. If you have nobody who can respond, the social services department can be your responder.

If you care for someone living in North Yorkshire you need a carer's emergency card. We can post you a card and instructions. The card has to be registered online, or in a call to North Yorkshire County Council. Your case worker will help you make the call if disability prevents you from doing this. If you are nominating emergency contacts, don't forget to get their permission to take part in the scheme.

Disability Benefit Forms

We are not a benefits agency, but we may be able to help you complete disability benefit forms and signpost you to help with other benefits. We will need you to tell us what benefits you are already claiming if you want this help.



If you have a form to complete, it would help if you could collect as much of the following information as possible:

Personal details of the applicant:

- Full name and address
- Date of birth
- Telephone numbers
- National Insurance number
- Full details of parents/guardians if 'cared for' is under 16
- School/nursery or college details if appropriate, and a named contact there who knows your child

Health information:

- Details of health conditions and disabilities
- GP's name, contact details and the date the GP last saw the applicant
- Details of any other health or social care professionals involved in the past year
- Current prescription list of medication
- Any letters you may have from health professionals detailing health conditions (but not appointment letters)
- Any medical tests that the applicant may have had in the last year and any results
- Details of any operations that have been carried out or are expected
- Details of any hospital or care home stayed at in the last 6 weeks (you may be asked to go back further).

Care needs:

The main part of the form is about managing daily living tasks such as washing, dressing, communicating and moving around. Your caseworker will help you capture this by talking to you and, whenever possible, the person you care for. You will be asked about the following things:

- Level of care required
- Aids and equipment used
- Personal care needs– dressing, toilet and bathing; continence
- Shopping and meal preparation
- Domestic help requirements
- Falls
- A diary of the difficulties the person you care for has and the support that they need both day and night is helpful - for at least three days, longer if you feel this would provide a better picture



Financial issues:

- Bank and/or building society details
- Is a Lasting Power of Attorney (LPA) in place? If you are signing on behalf of someone you hold power of attorney for, you need to send a certified copy with the form

Carer's Allowance

Caution! Before you claim Carer's Allowance be aware that it can affect the benefits the person you care for receives. Check whether or not this could apply to your situation.

The easiest way to apply is online at www.gov.uk/carers-allowance.

Whether you do this, or a caseworker helps you, you will need:

- Personal details including National Insurance number
- National Insurance number, address and date of birth of the person you care for
- Benefits you and the person you care for receive
- Your partner's personal details, including National Insurance number
- Details of countries you have visited/worked in over the last 3 years
- Dates when you were not caring
- Details of any education undertaken
- Details of any employment from six months before the claim date
- Child benefit number
- Details and evidence of any other payments received such as local authority fostering payments, adult placements or direct payments, government payments for maternity, paternity or adoption

If you need further information or would like to discuss any aspect of your caring role, please contact Carers' Resource:

Harrogate 01423 500555

11 North Park Road, Harrogate, HG1 5PD

Bradford 01274 449660

15 Park View Court, St Paul's Road, Shipley, BD18 3DZ

Ripon 01765 690222

Community House, Sharow View, Allhallowgate, Ripon, HG4 1LE

Skipton 01756 700888

Ronaldsway House, 36 Brook St, Skipton, BD23 1PP

info@carersresource.org

www.carersresource.org

We can provide this information in another format. Please contact us to discuss your requirements.

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