

Adults Social Care
Services

Looking After Someone?

Information and support
for carers

www.reading.gov.uk/carers



Reading
Borough Council
Working better with you

Am I a carer?

You are a carer if you look after an adult (partner, family member or friend) who is dependent on you for care and support, or a disabled child.

You don't have to provide care for a set number of hours to be a carer.

You don't have to live with the person you look after to be a carer.

Young carers

You don't have to be an adult to be a carer - lots of children and young people provide care and support to a disabled parent or sibling.



Young carers and their families can request a whole family assessment to make sure everyone's needs are taken into consideration. For more information call Early Help on 0118 937 6545 or visit www.reading.gov.uk/earlyhelp

What is a carer's assessment?

Any carer who might need support has the right to a carer's assessment. The assessment is designed to work out what would be the right support for that carer.

If you are an adult carer looking after someone who lives within the Borough of Reading, you can complete an online carer's assessment at www.reading.gov.uk/carersa.

You can also download and print a paper copy of the form from the same page or we can send a form to you - call 0118 937 3747.

If your family has additional needs because a child or young person has caring responsibilities, you can request a whole family/young carers assessment through the Early Help Hub. Call 0118 937 6545 or visit www.reading.gov.uk/earlyhelp

If you care for someone who lives outside Reading, you must apply to their local Social Services Department.



What does a carer's assessment involve?

The carer's assessment gives you the space to describe and consider :

- the care you currently provide and the tasks you carry out for the person you look after (e.g. washing, dressing, running errands, medication)
- the impact caring has on your life (relationships, health and wellbeing, time to yourself)
- how you feel about your caring role and what care you feel able to continue to provide
- what would help you in your caring role.

Your answers will help us work out if you are eligible for support funded by the Council. Even if you aren't, we can still help you find advice and support from other organisations.

If you are willing and able to continue caring for the person you look after, we take account of the support you provide when we work out what services they need. We can combine their needs assessment and your carer's assessment if everyone agrees, but you can have a separate carer's assessment if you prefer.

You also have the right to a carer's assessment even if the person you look after doesn't want a needs assessment themselves.

What help could I get?

If your assessment shows you are eligible for carer's support from the Council, you can choose to have a lump sum payment (a 'simple Carers Direct Payment') based on the amount of funding other carers in a similar situation to yours have found will buy the services they need.

If you prefer, you can have an individualised Personal Budget and Support

Plan to work out in detail what services would support you best and what these would cost.

The amount of funding you get could be more or less than the simple Direct Payment you would be entitled to.

The sorts of things which might help meet your support needs as a carer could include relaxation therapies, household equipment or help to manage tasks which are difficult for you to stay on top of because of your caring role.



Where can I find information and advice?

Caring in Reading Information Pack

The Caring in Reading information pack gives more detailed information about the support available from different organisations. You can view the pack online at servicesguide.reading.gov.uk or request a copy by calling 0118 937 3747.

Reading Services Guide

Reading Services Guide (www.reading.gov.uk/servicesguide) is the central source of information for Reading residents looking for care and support services, advice services, interest groups, social clubs and activities to help them stay healthy and well.

It also provides:

- a wealth of information for families including information about Registered Childcare Services, OFSTED reports, activities and parenting advice
- information about services and support for parents with disabled children (the "Local Offer")
- links to the readingyouth.com website

As well as options to:

- print/e-mail/text information and
- translate information into other languages.

About Me - Building Resilience for Caring Online Course

Caring for someone can be rewarding, but without help and support carers can become stressed and tired out - emotionally and physically.

You can now access a FREE online course that aims to help you to find the support you need so caring does not become overwhelming.

Visit servicesguide.reading.gov.uk (under Advice for Carers) call 0118 937 2383 or email carers@reading.gov.uk for details

This leaflet can be made in alternative formats (such as Braille or audio) or other languages on request. Please contact Adult Social Care Services on 0118 937 3747

هل أنتم أشخاص مُعيّنون؟ إذا كنتم تعتنون بشخص راشد يعتمد على رعايتكم (السبب كبر السن، إعاقة أو مرض)، قد يمكنكم تلقي مساعدات متعلقة بهذا الرعية من طرف مصلحة خدمات العناية المحلية. يُرجى الاتصال بنا على

(Arabic)

الرقم التالي : 0118 937 3747

के तपाईं स्याहारकर्ता हुनुहुन्छ? यदि तपाईंले हेरचाहका लागि तपाईंमाथि भरपर्ने (उनिहरूको बुढेस्काँल या कुनै रोग या शारीरिक असमर्थताका कारणले) कोहि वयस्क व्यक्तिको हेरचाह गर्नुहुन्छ भने तपाईं स्याहारकर्ता हुनुहुन्छ । तपाईंले कम्प्युनिटि केयर सर्भिसबाट हेरचाह गर्नेबारे सहयोग पाउन सक्नुहुनेछ । कृपया 0118 937 3747 मा फोन गर्नुहोस् ।
(Nepalese)

Osoby pomagające w opiece, czyli opiekuni, to osoby opiekujące się dorosłymi osobami starszymi, przewlekle chorymi lub niepełnosprawnymi, które wymagają pomocy i są uzależnione od opieki. Opiekun może uzyskać pomoc z opieki środowiskowej. Prosimy zadzwonić pod numer telefonu: 0118 937 3747 (Polish)

É um Cuidador? Quem cuida de um adulto que dependa do seu cuidado (por ser idoso, portador de necessidades especiais ou doente) é um cuidador. Talvez seja possível obter auxílio com a provisão de cuidados através dos Serviços favor, ligue para nós: 0118 937 3747 (Portuguese)

ਕੀ ਤੁਸੀਂ ਸੰਭਾਲ ਕਰਨ ਵਾਲੇ ਹੋ? ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਬਾਲਗ ਦੀ ਦੇਖ ਭਾਲ ਕਰਦੇ ਹੋ ਜਿਹੜਾ ਸੰਭਾਲ ਲਈ ਤੁਹਾਡੇ ਤੇ ਨਿਰਭਰ ਹੈ (ਕਿਉਂਕਿ ਉਹ ਬਿਰਧ ਹੈ ਜਾਂ ਉਸ ਵਿਚ ਕੋਈ ਅਫ਼ੈਗਤਾ ਹੈ ਜਾਂ ਉਸਨੂੰ ਕੋਈ ਬੀਮਾਰੀ ਹੈ) ਤੁਸੀਂ ਸੰਭਾਲ ਕਰਨ ਵਾਲੇ ਹੋ। ਤਾਂ ਹੋ ਸਕਦਾ ਹੈ ਤੁਸੀਂ ਬਰਾਦਰੀ ਲਈ ਸੰਭਾਲ ਸੇਵਾਵਾਂ ਕੋਲੋਂ ਸੰਭਾਲ ਕਰਨ ਲਈ ਸਹਾਇਤਾ ਲੈ ਸਕਦੇ ਹੋ। ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ 0118 937 3747 'ਤੇ ਫ਼ੋਨ ਕਰੋ।
(Punjabi)

کیا آپ نگہداشت کرنے والے ہیں؟ اگر آپ کسی بالغ کی دیکھ بھال کرتے ہیں جو نگہداشت کیلئے آپ کا دست کیونکہ وہ ضعیف ہے یا کسی معذوری میں (تو آپ کو نگہداشت کے سلسلے میں کمیونٹی کنیر نگر ہے (مثلاً ہے) سروسز سے مدد مل سکتی ہے۔ براہ مہربانی 0118 937 3747 پر ٹیلیفون کریں۔ (Urdu)

क्या आप संभाल करने वाले हैं? यदि आप किसी बालिग को संभाल करते हैं जो संभाल के लिए आप पर निर्भर है (क्योंकि वह बूढ़ है या उस में कोई अपभोगता है या उसको कोई रोग है) तब हो सकता है कि आप बरादरी के लिए सेवाओं से संभाल करने के लिए सहायता ले सकते हों। कृपया हमें 0118 937 3747 पर फोन करें। (Hindi)

April 2015