



# Minute Briefing



## Hearing from a carer

Click on the image below to hear about the life of a carer



In April 2024, the carers leave act came into place that legally entitles working carers up to 5 days each year of unpaid leave for undertaking emergency care duties. Whether the time off is paid or not is at the discretion of your employer.

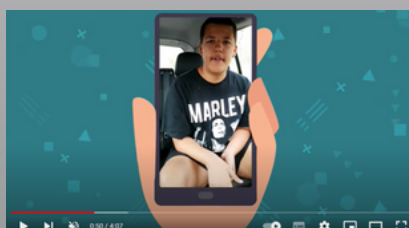
More details can be found [here](#).



## Young carers

It is important to remember that not only adults are carers. Many young people also assume caring responsibilities for older relatives and siblings, even if the elder individual is considered to be responsible for the young person's care.

Click on the image below to hear more about being a young carer.



You can refer a young person for support via the following pathways:

- LA referral path: Early Help, professionals can carry out EHAs of CFAs
- Independent support: [Click here for more details](#), on how a referral can be made to Brent carers centre.



## Who is a carer?

A carer is defined as **anyone who looks after someone or feels responsible for someone who cannot manage at home without some support**. This could be because of illness, disability, mental health needs or learning difficulties/disability.

Individuals can also be an informal carer for someone who is receiving formal care

### Recognition of what caring is:

- Providing physical assistance to someone who has mobility issues.
- Administering medications
- Helping with domestic tasks or routine 'life admin' such as shopping, cleaning, cooking, managing bills and finances
- Supporting with mental health concerns or substance misuse (both emotionally and providing help to access services)
- Taking and/or accompanying individuals to health care or domestic management appointments where they cannot do this alone.



## What is a Carers assessment?

The goal of an assessment is to focus on the carer separately from the person they care for and assess the impact their caring responsibilities have on their life. It will look at what information, advice and support may be available to help them maintain their caring role and personal wellbeing.

### What are the benefits to being assessed?

An assessment can lead to offers of support in many different ways, including:

- Respite care provided to give the carer a rest of break from their caring duties.
- Access to a Carers Direct Payment dependant on the outcome of the assessment
- Money and benefits advice
- Emergency care plans
- Help with referrals to other specialist advice services such as legal or housing matters.
- Access to complimentary therapies
- National carers forum : [Discounts For Carers: Exclusive Discounts, Offers & Codes](#)
- Access to information and training that will support the carer to provide good care
- Opportunity/option to participate in local carers forums.
- Equipment grants (domestic or care related).
- Access to subsidised home repairs and maintenance



## Who carries out the assessment?

Carers in have a choice in Brent over who carries out their assessment. This can be an Adult Social Care professional – likely the individual who is allocated to assess the person receiving care's needs, or an independent care assessment can be undertaken by a local voluntary organisation.

**For independent assessment referral:** You can get in touch with [Brent carers centre here](#) or on Tel: 020 3802 7070. It is also helpful to notify their allocated social worker. You can also submit a request [here](#).

Anyone who comes in to contact with a carer can refer to Brent carers. It is worth noting that a carer does not need to be caring for someone who has any assessed care and support needs to be considered for support themselves.

Individuals also can make contact directly with Brent carers centre to discuss their caring role and any services they may be eligible for without a professional referral if they'd prefer.



## What do I do if someone is resistant to a referral?

The is no obligation for a carer to take up an offer of assessment. If you believe that the refusal of support is putting the person being cared for, or the carer at risk, you can raise a safeguarding concern.

Some common reasons why individuals might understandably not engage with an offer of an assessment could be:

- Trauma
- Lack of trust in services
- They may have learning difficulties
- They themselves could be or feel vulnerable
- A sense of duty and responsibility

It may be worth considering if refusal of support raises any safeguarding concerns. Further reading can be found here: [Carers and safeguarding: a briefing for people who work with carers | We Care You Care](#)



# Carers Assessments

## Who is a carer and how to refer them for support

**Under the Care act, professionals have a duty to identify when someone is assuming the role of an unpaid carer and offer a carers assessment.**



## Safeguarding in caring



### Some key safeguarding considerations to be aware of in carering relationships:

- Does the carer have unmet or unrecognised needs of their own, including health needs?
- Is the carer themselves vulnerable?
- Does the carer have little insight or understanding of the vulnerable person's condition or needs?
- Has the carer unwillingly had to change their lifestyle?
- Is the carer receiving support from other family members?
- Is the carer feeling emotionally and socially isolated, undervalued or stigmatised?
- Does the carer have other responsibilities, such as family or work?
- Do they have personal or private space, or life outside the caring environment?
- Are they being abused by the vulnerable person?
- Do they feel unappreciated by the vulnerable person or exploited by relatives or services?