

WE CARE YOU CARE.

Carer's Assessments and Support Services

Does a partner, family member or friend rely on you for care and support? ✓

Does the person you care for live in Middlesbrough? ✓

Did you know you are an **unpaid carer** and entitled to a **carer's assessment** from Middlesbrough Council. This is a **conversation** with you about how you would like to be supported in your caring role. There are also local **carer support services** that can help you.



Contact the Adult Social Care Access Team at Middlesbrough on **01642 065070** or **adultaccessteam@middlesbrough.gov.uk** to request a **carer's assessment**. If you or the person you care for has a social worker, contact them directly.

(You can request this at any time during your caring journey and the person you care for does NOT need to be receiving care services for you to qualify).

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A **carer's assessment** will be arranged and carried out by Middlesbrough's Adult Social Care Access Team.

You'll have a conversation around how caring affects your life, including your **mental and physical health, work, finances, and relationships**. It can be carried out either by phone or in person – whatever works best for you.



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A **personalised support plan** will be created for you and reviewed after **12 months** or sooner if your situation changes.

Or if the **local carer support services** can help your social care practitioner will connect you with the right one.

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Where to start?



You can do either or both

1

For a **carer's assessment**

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For local **carer support services**



Go to www.wecareyoucare.info to understand your options as an unpaid carer.

Alternatively you can contact **Teesside Mind** on **01642 257020** or **Carers Together** on **01642 488977**

They will hold a **'Getting to Know You'** session to chat with you about how caring for others affects you and your everyday life. They will help you with what you need or connect you with other support services.

With your consent, they can put you in touch with the Adult Social Care Access Team for a **carer's assessment** and share your details to avoid repeating your story.

Examples of support include: increased care for the person you care for, Telecare solutions, respite sitting services, and carers' direct payments.

Carers' direct payments help you buy services or equipment that improve your quality of life. Payments are **not** means-tested and require **no** financial contribution.