

## Are you looking after someone?

### Fact Sheet 8

(May 2023)

#### Who are Carers?

A carer is someone who provides or intends to provide unpaid care for an adult or a disabled child. There is no age limit to being a carer, even children can be **Young Carers**, however this fact sheet is specifically designed for adults who are carers.

Caring can mean lots of different things. It may mean you help someone with personal tasks, for example, you may help with bathing or dressing or giving medication. It may mean you provide emotional support or supervision for someone who needs this such as people experiencing mental illness or substance misuse.

Any unpaid carer who appears to have support needs is entitled to a carers assessment.

#### What is a carer's assessment?

As a carer you may have needs that are different to those of the person you look after. We recognise that caring for someone can be very rewarding, but it can also be demanding, stressful and tiring. A carer's assessment is an opportunity for you to talk about your needs, what is important to you and the support we may be able give you to help you to care for someone at home. A carer's assessment must also explore with you your needs for education, employment, and leisure activities.

#### How do I get a carer's assessment?

Carmarthenshire County Council will offer an assessment to any carer who appears to have support needs. If you believe that you are a carer with support needs get in touch with us by contacting our Information, Advice and Assistance Service and tell them you want a Carer's Assessment. You will need to give some basic information about yourself and the person you care for. This includes names, addresses, dates of birth and some information about your situation. As part of that assessment, Carmarthenshire County Council can offer you information, advice, and assistance to help you identify



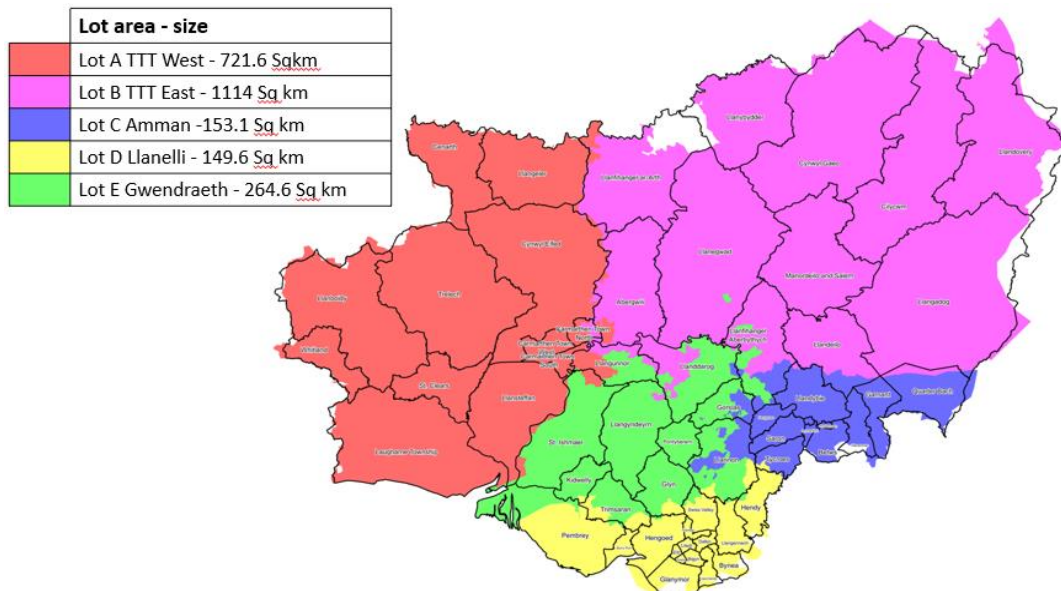
For more information on social care services log onto:  
[www.carmarthenshire.gov.wales/socialcare](http://www.carmarthenshire.gov.wales/socialcare)

support services within the community and other preventative services.

If you are a carer who may have support needs, please do not hesitate to contact our Information, Advice and Assistance Service on Tel: 0300 333 2222

### What other support options are available?

Carers may find it helpful to access community preventative services to maintain their independence and wellbeing alongside their caring role. **Connecting Carmarthenshire** is a new preventative service in the county offering free information, opportunities, and support. Services are locality-based, with a hub of specialist services in Carmarthen West, Carmarthen North, Amman, Llanelli and Gwendraeth. Please see service map and poster below.





cysylltu | sir gar

connecting | carmarthenshire

Mae Cysylltu Sir Gâr yn wasanaeth cymorth ataliol newydd sy'n cynnig cyngor a chymorth am ddim i bobl sy'n byw ledled y sir.

Connecting Carmarthenshire is a new preventative support service offering free advice & support to people living throughout the county.

### YDYCH CHI'N ...

### DO YOU...

Profi anawsterau wrth ddeall a llywio gwasanaethau cymorth tai?



Have difficulties understanding & navigating housing support services?

Ydych chi'n berson hŷn neu'n berson ag anabledd corfforol?



Are you an older person or have a physical disability?

Canfod bod bywyd bob dydd yn effeithio ar eich lles meddyliol?



Find daily life impacts your mental wellbeing?

Gofalu am ffrindiau neu aelodau'r teulu?



Care for friends or family members?


Oes gennych chi anabledd dysgu neu awtistiaeth?




Have a learning disability or autism?

Os mai 'ydw/oes' yw'r ateb i unrhyw un o'r cwestiynau hyn, yna cysylltwch â ni.

If the answer is yes to any of these questions, then get in touch.

 **0800 917 6255**

 **0800 917 6255**

*Os ydych yn byw yn ardaloedd Gwendraeth, Llanelli neu Aman*

*Os ydych yn byw yn ardaloedd Gogledd neu Orllewin Sir Gaerfyrddin*

*If you live in Gwendraeth, Llanelli or Amman areas*

*If you live in Carmarthen North or West areas*


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 [connectingcarmarthenshire@poblgroup.co.uk](mailto:connectingcarmarthenshire@poblgroup.co.uk)

 [communityhub@nacro.org.uk](mailto:communityhub@nacro.org.uk)

 [www.connectcarmarthenshire.org.uk](http://www.connectcarmarthenshire.org.uk)

**pobl** Nacro >



**Carers can also visit [www.connectcarmarthenshire.org.uk](http://www.connectcarmarthenshire.org.uk) for more information about services, community resources, activities, and events in their local area.**

## **What happens next?**

If having spoken to Carmarthenshire County Council on the telephone it is clear that we cannot meet your support needs through the community, preventative services or helping you to identify resources within your only social network, we will arrange a visit to talk about your needs and what is important to you. You can choose to meet in private or have the person you care for at the meeting. You can also meet independently of the person you care for at a neutral venue, our offices or at an agreed community venue. We do advise that prior to the assessment, you consider talking things over with the person you care for, to try to agree what kind of help you both may need. You are welcome to have a friend or relative present to support you or we can arrange for independent support if you require it.

We see people as quickly as possible, depending on how urgent their situation is. We will tell you how long you might have to wait when you first contact us.

During the assessment we will ask you about:

- The extent that you are able and will continue to be able to provide care for the person you are caring for.
- The extent to which you are willing and will continue to be willing to care for the person you are caring for.
- The outcomes which you want to achieve.
- how caring affects your health, job, social life, finance, education, and family life.
- whether the person you are looking after gets enough support and the right type of support.
- what support you are getting.
- the situations you find difficult.
- what sort of services might help you.
- what is important to you.

### **What type of help may be available?**

- A needs assessment for the person you care for can be arranged, or if you both agree and it is considered beneficial to do so, a combined assessment of your needs and the person that you care for can be undertaken.
- Services that help with the support you currently provide
- Services that give you a break from caring for a few hours, a day, a weekend or longer
- Information about housing, equipment, or adaptations
- Welfare benefits advice
- Carers' groups and organisations, both local and national
- Telecare assistive technology – a non-intrusive approach to care that involves the placing of discreet sensors and automated devices around a person's home to help manage risk, 24 hours a day, seven days a week.

There may be charges or waiting lists for some of these services, but there is no charge for assessments or advice.

## Who should I contact?

If you would like further details please contact **our Information, Advice and Assistance Service** on **0300 333 2222**.

**This factsheet is also available in Welsh.  
If you would like this factsheet in any other  
format telephone 01267 228703 or  
Email: [socialcare@carmarthenshire.gov.uk](mailto:socialcare@carmarthenshire.gov.uk)**



For more information on social care services log onto:  
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Connecting Carmarthenshire is a new preventative support service based in Carmarthenshire offering free advice & support to people living throughout the county.



Do you...

- Care for friends or family members?
- Are an older person or have a physical disability
- Find daily life impacts your mental wellbeing?
- Have difficulties understanding & navigating housing support services?
- Have a learning disability or autism?

If the answer is yes to any of these questions, then Connecting Carmarthenshire can help. Our team of specialists can provide you with the correct information to navigate and connect with the information & support you require.

## Your local area

We have mobile support hubs throughout the county offering face to face and online support, working within communities to build a clear understanding of all the services & community groups available to you.

## Eligibility

The service is available to people aged 18+\* who live in the county & require information or support.

*\*Housing related support is available for individuals aged 16+*



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## Support partners

Connecting Carmarthenshire are working with recognised partners to supply the best support to the people living within our communities.

The specialist providers for housing related support are Pobl, Wallich & Nacro\*

The specialist provider for older people and physical disabilities support is Age Cymru Dyfed

The specialist providers for mental health support is Mind & Adferiad\*

The specialist provider for unpaid carers support is Adferiad

The specialist provider for learning disabilities and autism support is Mencap



\*depending on area

## Get in touch

To find out more about Connecting Carmarthenshire or to access free support:



0800 917 6255



[www.connectcarmarthenshire.org.uk](http://www.connectcarmarthenshire.org.uk)



[connectingcarmarthenshire@poblgroup.co.uk](mailto:connectingcarmarthenshire@poblgroup.co.uk)  
*Gwendraeth, Llanelli or Amman areas only*



[communityhub@nacro.org.uk](mailto:communityhub@nacro.org.uk)  
*Carmarthen North or West areas only*



*Gwendraeth, Llanelli or Amman areas*



*Carmarthen North or West areas*



**Nacro**



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