

7 Minute Briefing: Adult Carer Awareness/Swindon Carers Centre Support

1. What is a Carer? A carer is anyone who provides unpaid care for a friend or family member due to illness, disability, a mental health problem or an addiction. Carers can be of any age, typically Young Carers are recognised as such from aged 5 onwards. Adult Carers from the age of 18. The support a carer offers can be emotional, physical, practical and/or financial.

2. The Care Act 2014. Recognises the equal importance of supporting carers and the people they care for. The Care Act is mainly for adults in need of care and support, and their adult carers. There are some provisions for the transition of children in need of care and support, parent carers of children in need of care and support, and young carers. However, the main provisions for these groups (before transition) are in the Children and Families Act 2014.

7. For further information and how to refer.

Swindon Borough Council
Swindon Carers Centre (link to other services and adult registration webpage).

If you would like to look at carer awareness sessions for your staff please contact via email at info@swindoncarers.org.uk

3. Carers Assessment. Under the Care Act, any adult who cares for another adult is entitled to a Carers Assessment of their needs. The purpose of the assessment is to involve the carer (and the independent advocate if applicable) to identify the needs and how these impact on the wellbeing and outcomes that the carer wishes to achieve in their day to day life. This is to enable the assessor to establish the full range of needs before eligibility is determined and the effect of those needs on the carer's wellbeing (day to day life).



6. Carers Support. Swindon Carers Centre can provide Carers registered with them a range of support including: Access to the Carers support line, 1:1 support, Benefits advice, access to breaks and complementary therapies, training sessions, self-help groups, Emergency Card scheme, Bereavement support following the death of a dependant (if already registered).

4. Continued. The carer may be entitled to a personal budget or direct payment from the local authority to pay for services that can be available depending on eligibility. A carer is still entitled to a Carers Assessment even if the person they care for is not having an assessment of their needs. Swindon Carers Centre are commissioned by Swindon Borough Council to complete Carers Assessments (these are called Carer Conversations (Care Act) by Swindon Carers Centre). Carers Assessments are also completed by social workers from Adult Social Care, Great Western Hospital and AWP.

5. Impact of Caring. Caring can impact on many areas of the Carer's life, including but not limited to:

- Emotional wellbeing
- Physical health
- Financial
- Employment/ education
- Social interaction and opportunities for a break