

# Title: Adult Carer Awareness/Swindon Carers Centre support



**What is a Carer?** A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.  
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.



**How to refer:** [Swindon Carers Centre](#) (this is the link to our adult registration).  
If you would like to look at carer awareness sessions for your staff please contact via email at [info@swindoncarers.org.uk](mailto:info@swindoncarers.org.uk)

**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 and possible funding Streams, Emergency Card scheme, Bereavement support following the death of a dependant (if already registered).

**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



**Care Act:** 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.

**Carers Assessment:** Under the Care Act, any adult who cares for another adult is entitled to a Carers Assessment. The purpose of the assessment is to involve the carer (and the independent advocate if applicable) to identify needs and how these impact on their wellbeing and any outcomes that the carer wishes to achieve in their day-to-day life. This will enable the practitioner to establish the full range of needs before a support plan is devised.

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 own needs. Swindon Carers Centre are commissioned by Swindon Borough Council to complete Carers assessments called Carer conversations (care act). Carers Assessments/conversations are also completed by social workers from Adult Social Care.

Further information can be found on the Swindon Carers website: [Home - Swindon Carers - Supporting Carers in Swindon](#). There are also some [Leaflets - Swindon Carers Centre](#) including translations into 8 other languages.