

My carers assessment

What you need to know for a
carers assessment meeting
from adult social services

My carers assessment

This factsheet is to help you get ready for your carers assessment. Keep it somewhere safe. You may want to use it during and after your assessment too. In the printable version, there is space for you to write notes. This is to help you remember things you want to talk about or ask us.

Things you may want to ask us or talk about

To get the most out of your meeting with a social care worker, it is good to be prepared. Start thinking about how you would like things to be in the future. You could think about:

- What you want life to be like
- How your life used to be and what you would like to be able to do again
- What you are finding difficult to manage
- Anything you feel would help you
- What things you enjoy doing

Talking to a social care worker

When you or someone else contacts us about your wellbeing we will arrange to speak with you at a convenient time. We may talk to you over the phone or arrange to visit you.

We will discuss how we can help improve your wellbeing as a carer, as well as the best way to get any information, advice and support you need.

We will talk to you about:

- What prompted you to get a carers assessment
- What matters to you and what will make a difference
- What you want to achieve

We will agree with you:

- What you might be able to change
- Which other organisations either you or we will contact

We will:

- Aim to get you all the information and advice you need
- Check back on you to see that everything is working out

Planning your meeting

- Meetings can last from 30 minutes to two hours
- Contact us if you would like someone independent to support you (an advocate)
- Tell us if you need information in different formats or any help to understand and communicate with us

After your carers assessment

If you have any questions or are not happy with the outcome of your talk with us:

- Please contact your social care worker
- You can also ask to speak to their manager

Use this space to write down things you need to remember to tell us


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How to contact us

Adult Care Services


To get more information about adult social care services you can:

 **Go online:** [buckinghamshire.gov.uk](https://www.buckinghamshire.gov.uk) and click on 'Care for Adults'


 **Call:** Social worker: _____ Team: _____

Are you worried about somebody?


If you or someone you know is at risk of abuse or neglect:


 **Call:** 0800 137915 (24 hours a day)

If you would like to give us feedback

 **Go online:** Please complete the online form at [buckinghamshire.gov.uk](https://www.buckinghamshire.gov.uk)

If you prefer you can:

 **Call:** 01296 387844

 **Email:** complimentsandcomplaints@buckinghamshire.gov.uk