



FACE Walsall Parent Carer Forum

Families and Carers Empowered

WE'RE HERE FOR YOU

Who are we?

FACE Walsall Parent Carer Forum is a voluntary group of parents and family carers of children & young people aged 0 - 25 years with various disabilities working in partnership with Education, Health and Social care to help shape the future services in Walsall.

What is a Parent Carer Forum?

A Parent Carer forum is a group of parents and carers who work with the Local Authority in Education, Health, Social Care and other providers to make sure the services they plan and deliver meet the needs of the disabled children and families.

Who can join?

Parents or carers of a child with any additional need or disability are welcome to join. The forum represents the views of parents and carers in the local area but it does not advocate for individual families.

Want to join us?

Contact : facewalsall@gmail.com

Help us shape the services of Walsall through Parent Participation



Web: www.facewalsall.wordpress.com **Tel:** 07856 314596

 [facebook.com/facewalsall](https://www.facebook.com/facewalsall)  [@facewalsall](https://twitter.com/facewalsall)

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Field Road
Bloxwich
Walsall
West Midlands
WS3 3JP
Tel: 01922 775194
Fax: 01922 775196
www.khanmedical.co.uk

PATIENT INFORMATION

A CARERS GUIDE TO A CARERS ASSESSMENT



Your local social services department will tell you about other local organisations. The NHS Choices Website also has information for carers and may be found at <http://www.nhs.uk/carersdirect/Pages/CarersDirectHome.aspx>

HOW TO GET HELP IN LOOKING AFTER SOMEONE

As a carer, someone who has a relative, friend or neighbour who to some extent is dependent on you for support in order to cope with their daily life, you are entitled to a Carer's Assessment by your local council Social Services Department, to discuss the help that both you and the person you care for, might need. So if caring for someone has a major impact in your life then a carer's assessment could help you.

1. They can provide services to the person you care for.
2. They can also provide services for you.
3. To work out what services would be helpful in your situation, social services need to discuss:
 - ⇒ The help the person you care for needs
 - ⇒ The help you are giving at the moment
 - ⇒ The services your council may provide.
 - ⇒ The way this is done is called an "assessment"

As a carer you may be involved in several ways:

- ⇒ If you care for a disabled child your needs will be considered as part of an assessment of needs of your child and family;
- ⇒ If you care for an adult you can have a carer's assessment to discuss the help that you need: This can happen even if the person you care for refuses help. You should also be able to contribute to the discussion of the needs of the person you care for (their Community Care assessment).

Your carer's assessment is your opportunity to tell social services about the things that could make caring easier for you. Some things you may want to think about:

- ⇒ Do you get enough sleep?
- ⇒ Is your health affected in other ways?
- ⇒ Are you able to get out and about?
- ⇒ Do you get any time for yourself?
- ⇒ Are your other relationships affected?
- ⇒ Do you want information about benefits?
- ⇒ Are you worried you may have to give up work?
- ⇒ Is the person you care for getting enough help?

What sort of services might help you:

- ⇒ Services that give you a break
- ⇒ Emotional support from other carers or people who understand
- ⇒ Help with household tasks
- ⇒ Help with caring tasks during the day/night
- ⇒ Benefits advice
- ⇒ Activities for the person you care for

However all carers are individuals and your local council may provide any service to you that they think will help you care or help you maintain your well-being. So you may have some ideas of your own about services that would help you that you want to talk through with social services. Other services that you might want to discuss with them are those that may help the person you look after. Other things you may want social services to tell you about:

- ⇒ Local or national support organisations you could contact
- ⇒ Other help you could get
- ⇒ Wish to complain
- ⇒ Any charges for services
- ⇒ What to do if you are not coping

Contacting social services to ask for an assessment. The telephone number of your local council social services department will be found in your local telephone directory under local authority and then community information, or speak to your own GP if you require medical evidence.

OTHER USEFUL CONTACTS FOR CARERS

WALSALL (SOCIAL SERVICES)	WALSALL CARERS CENTRE	CONTACT A FAMILY
Telephone 01922 650 000	Telephone 01922 636 663	Telephone Helpline 0808 808 3555
Website www.webwalsall.com	Website www.walsallcarers.org/	Website www.cafamily.org.uk
CARERS NATIONAL ASSOCIATION (CNA)	CARERS TRUST	
Telephone 01922 636 663	Telephone 0300 772 9600	
Website www.walsallcarers.org/	Website www.carers.org	