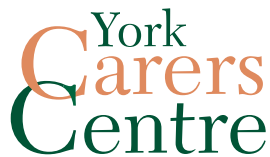


Independent advice

York Carers Centre gives help to unpaid carers living, or caring for someone who lives in York. Information and advice about its services or other useful organisations can be given over the phone, at the office, or they can arrange to see carers at home or in another suitable place.



All carers registered with the Centre receive regular newsletters and a discount card to use at businesses in York. Carers who register can also use the Carers Emergency Card Scheme.

Services for young carers, young adult carers aged 18 to 25 and carers needing help with employment, education and training are provided by York Carers Centre.

Contact details:

Tel: **01904 715490**

Email: enquiries@yorkcarerscentre.co.uk

Web: www.yorkcarerscentre.co.uk

If you would like this information in an accessible format (for example in large print, on CD or by email) or another language please phone: 01904 554081

Get in touch with City of York Council

York Customer Centre

General enquiries number **01904 551550**

Adult Social Services

Initial Assessment and Safeguarding Team

Tel: **01904 555111**

Minicom: 01904 554136

Email: adult.socialcare@york.gov.uk

Children's Social Services

Referral and Assessment Team

Tel: **01904 551900**

Minicom: 01904 555603

Email: childrens.socialcare@york.gov.uk

Visit our websites

www.york.gov.uk

www.yor-ok.org.uk

Contact details for Social Services at evenings and weekends

If there is an emergency outside office hours contact the Emergency Duty Team.

Tel: **0845 0349417**

This information can be provided in your own language.

我們也用您們的語言提供這個信息 (Cantonese)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

☎ **01904 551550**



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Carers assessment of need

Do you look after someone?



There are ways that we can help you.





What is a carers assessment of need?

If you provide a substantial amount of unpaid care on a regular basis, you have the right to request a carer's assessment.

The assessment is simply a conversation with you to find out about your caring situation, and what would help you to look after the person you are caring for.

This can be carried out at the same time as the assessment of the person you care for, or can be done separately and privately. It is free, confidential and carried out by City of York Council.

If the person you are caring for receives any services they will have a financial assessment to see if they need to pay anything.

You can ask for the assessment yourself by contacting Social Services, or you can ask a professional such as your GP, to ask for a carer's assessment.

What help is available?

A range of help is available including advice, information, equipment, training, as well as support for the person you care for.

Getting ready for your assessment

Before your assessment you may like to think about your role as a carer:

- ▶ Is your health affected?
- ▶ Do you find your relationships are affected?
- ▶ Are you worried about finding time for yourself?
- ▶ Are you worried about how caring will affect your studies?



Young carers

If you are a young carer your assessment will be carried out by Children's Services, City of York Council. For more information contact the Children's Referral and Assessment Team.

Parent carers

If you have a social worker please speak to them. If you do not have a social worker you can contact the Children's Referral and Assessment Team. If you are caring for a disabled child or young person under the age of 18 years your needs as a carer will be considered as part of the "Framework for the Assessment of Children in Need and their Families".

Carers of people with mental health problems

If you care for a person with mental health problems you may have your needs assessed by the person who helps plan the care of the person you care for. For more information please contact Adult Social Services.