

November 2020

# Carers Factsheet

## Who can get help?

A carer is anyone who cares, unpaid, for a family member or friend over the age of 18 years who due to illness, disability, a mental health condition or addiction cannot manage to live independently without your support. Carers IW have been jointly commissioned by the Isle of Wight council and the Clinical Commissioning Group to provide a variety of different support to carers living on the island. Carers IW will also be able to advise you if you may be eligible for services from the council.

If you are in urgent need of support and are new to Adult Social care please call our Initial Adult Social Care Contact Team on 01983 814980.

If you or the person you are caring for already have involvement with Adult Social Care please call 01983 823340.

## The Assessment Process

The carer's assessment will support us to work out what help you may need to support you in your caring responsibilities. It will look at:

- the help needed by the person you are providing care for
- the help you are providing
- the support you need for your life outside of caring (such as work, education, family life, social life, your own health and wellbeing)
- the service(s) other organisations might be able to provide
- the service(s) the council may provide

The assessment will consider the impact the care and support you provide is having on your own wellbeing, as well as important aspects of your life, including the things you want to achieve day-to-day. It will also consider other important issues, such as whether you are able or willing to carry on caring, whether you work or want to work and whether you want to study. Sometimes the person you care for will not want to be assessed for their needs; however, you can ask for a Carers Assessment in your own right to support you.

When the assessment is complete, we will decide whether the carer's needs are eligible for support. The threshold is based on the impact a carer's need for support has on their wellbeing. This approach is similar to that used for adults with care and support needs.

The carers self-assessment can be completed online by clicking [here](#) or <https://www.iwight.com/Residents/Care-and-Support/Adults-Services/Carers-Adult/AdultTasks>

Alternatively, you can contact Carers IW who will be able to support you to complete this assessment and will arrange to meet you at a time and place suitable for you.

Address: Carers Office, Riverside Centre, The Quay, Newport, Isle of Wight PO30 2QR

Telephone: 01983 533173

Email: [info@carersiw.org.uk](mailto:info@carersiw.org.uk)

Website: [www.carersiw.org.uk](http://www.carersiw.org.uk)

### **Support Available**

There are various sources of support you can choose to access independently, whether you are just looking for information and advice or if you are looking to attend a carer's group or participate in training that supports you in your caring role.

- **Carers IW:** Provide advice and numerous events and support groups; including a specific group for male carers, Moving on Workshops for former carers (carers who find themselves no longer caring), along with Moving People Safely Training aimed to help you keep both yourself and the person you are caring for safe during any transfers. For more information please contact Carers IW on 01983 533173.
- **Wightcare:** Wightcare provides a carer's emergency alert card which identifies the holder and gives contact details and useful information in the case of an emergency. Wightcare also provides assistance with Telecare support and can be contacted below for further information on the products provided. For further information please call Wightcare on 01983 821105.
- **Adult Social Care Teams:** Should you find yourself in urgent need of support and are new to Adult Social care please call our Initial Adult Social Care Contact Team on 01983 814980. If you or the person you are caring for already have involvement with Adult Social Care please call 01983 823340.
- **Carers Allowance:** Additionally you may be entitled to Carers Allowance. This is a sum of money to help you look after someone with substantial caring needs. You do not have to be related to or live with, the person you care for. You must be 16 or over and spend at least 35 hours a week caring for them. Carer's Allowance is taxable. It can also affect your other benefits. For more information please visit the [www.gov.uk](http://www.gov.uk) website.