



Department  
of Health



## Support for carers

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## Support for carers

From April 2015, care and support in England is changing for the better. The new Care Act will help to make care and support more consistent across the country.

‘Care and support’ is the term used to describe the help some adults need to live as well as possible with any illness or disability they may have. It can include help with things like washing, dressing, eating, getting out and about and keeping in touch with friends or family.

If you support someone as a carer, you could benefit from the changes.

### Supporting you in caring

In England, millions of us provide unpaid care or support to an adult family member or friend, either in our own homes or somewhere else.

‘Caring’ for someone covers lots of different things, like helping with their washing, dressing or eating, taking them to regular appointments or keeping them company when they feel lonely or anxious.

If this sounds like you, from April 2015, changes to the way care and support is provided in England mean you may be able to get more help so that you can carry on caring and look after your own wellbeing.

### The right help at the right time

You may be eligible for support, such as a direct payment\* to spend on the things that make caring easier; or practical support, like arranging for someone to step in when you need a short break.

You may prefer just to be put in touch with local support groups so you have people to talk to.

The council of the person you care for can help you find the right support and you can ask them for a carer’s assessment.

### Considering your options

A carer’s assessment will look at the different ways that caring affects your life. It will work out how you can carry on doing the things that are important to you and your family. Your physical, mental and emotional wellbeing will be at the heart of this assessment.

As a result of the assessment, you may be eligible for support. The council will also offer you advice and guidance to help you with your caring responsibilities and help you look after your own wellbeing.

You can have a carer’s assessment even if the person you care for does not get any help from the council, and they will not need to be assessed.

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\*A direct payment means that the money the council contributes towards meeting support needs is paid directly to you, for example into your bank account or the bank account of someone else you choose, to give you control over how it is spent.

