



# Parent Carer Needs Assessment *5-minute guide for Parents & Carers*



# What is a Parent Carer Needs Assessment?



A Parent Carer Needs Assessment (PCNA) is a legal right for any parent or carer of a disabled child under 18. It provides an opportunity to discuss how their caring role affects their health, wellbeing, work, and relationships with a professional who can support your family. The assessment helps identify what support you may need, such as respite, benefits advice, or mental health support to better manage your caring responsibilities and maintain your quality of life.



The PCNA is for a parent or carer who has a child with disabilities or health needs.



They are a birth parent, adoptive parent, or a relative with parental responsibility.

Each parent carer can ask for their own assessment. Each parent carer may have different needs and challenges, even if they care for the same child.





Parent carers can get a parent carer needs assessment. So can other family members who care for the child a lot (this is usually more than 35 hours per week).



The PCNA asks the parent how caring for the child affects them and their life. This is to find out what might help the parents.



It is not a test of the of the parent carer.



In Barnsley, a PCNA is **not used on its own**. It is completed **alongside** another assessment, such as:

- Short Break Assessment
- Early Help Assessment
- Child and Young Person's Assessment

You can request a PCNA by speaking to a Social Worker or Short Breaks Family Support Worker already involved with your child, or by contacting the Integrated Front Door.



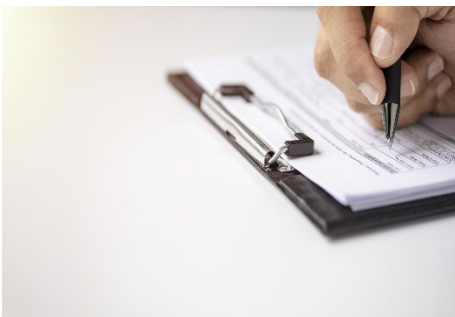


The PCNA will discuss how caring affects your life, including your physical, mental and emotional needs. It will cover things such as:

- Your role as a carer
- How you feel about caring
- Your health
- Your safety
- Your work, educations or training
- Finances
- Other caring responsibilities
- Wishes for the future
- Planning for emergencies
- A typical day in the life of your child



The PCNA will be used to inform any other ongoing assessment; this may include a Short Break Assessment or a Child and Young Persons Assessment. It will help us to make recommendations based on your caring responsibilities. This may include signposting to universal or targeted support services, or specialist services through Children's Services.



The PCNA can be completed in several ways:

- Send to you to complete independently
- With a practitioner via the phone
- With a practitioner face to face

*If you choose to complete this independently, please return this as soon as possible to help inform the recommendations.*





The PCNA can take up to 45 working days to complete, alongside your child/young person assessment.

Once the assessment has been completed, services may be identified to support you to better manage your caring responsibilities and /or manage issues which are important to you. For example, you could be signposted to services in the community, these could include:



- Benefits advice
- Local support groups
- Universal services
- Services available from Children's Social Care Services
- Relevant health services
- Targeted or Specialist short breaks
- Family support including support around routines, behaviour, etc.
- Signposting to services in the local community such as, mental health support, play schemes or leisure activities



# Get in touch



To ask for a Parent Carer Needs Assessment, contact Barnsley Metropolitan Borough Council's Integrated Front Door, or speak to a Social Care Practitioner already working with your family. Please be aware the PCNA will be undertaken alongside another form of assessment for your child/young person.



**Phone:**  
**01226 772423 – Integrated Front Door (if you are not already working with a Social Care Practitioner)**

**01226 774050 – Disabled Children Service (if your child/young person is already working with the DCT service)**



**Information on what support is available to parent carers is available on the SEND Local Offer**

**<https://barnsley.cloud.servelec-synergy.com/Synergy/Local Offer/>**



Document developed by Laura Johnson – Designated Social Care Officer. To be reviewed in June 2027.

