

### What is a Carer?

A carer is a person who looks after someone, they do not need to live with the person they care for.

If someone needs to do something for someone else regularly so that they can stay safe and well, which they cannot do themselves, they are a carer.

Carers can look after members of their family, a friend or a neighbour. **They may not recognise that they are a carer.**

### The different types of carers

**Adult Carer:** People aged 18+ with one or more people of any age who rely on them for them for support, unpaid.

**Parent Carers:** People aged 18+ who have parental responsibility for children and young people with impairments and provides them care.

**Sandwich Carers:** Adults looking after a combination of adults and people under 18.

**Young Adult Carers:** People aged 18-25 who provide unpaid support.

**Young Carers:** People age under 18 who have another person of any age relying on them for help.

### What support is available?

If you believe someone may have caring responsibilities, they should be given an opportunity to discuss their needs separately from the person they are supporting. Informing them of their right to a carers assessment

**Carer's Oxfordshire:**  
Provide advice and support both over the phone and face to face.

#### They also provide support by:

- Helping carers navigate support options and entitlements.
- Planning for help in a crisis
- Facilitating connections in the local area with other carers.
- Holding events and short breaks so that carers get time and space for themselves.

#### GP's:

By informing their GP, Carers can be supported to look after their own health needs, including access to accessible parking or appointment times to suit them and who they look after.

This will vary depending on practice.



### The Assessment Process

Professionals will have a conversation with those helping the person with caring responsibilities.

#### This includes:

- What care they currently give
- What they are struggling with
- Discussing the person they look after as they may have 'eligible needs'
- The support that is available to you i.e. from the local authority practical or financial

If it is identified that the person needs, and would like to receive support, professionals will agree and make a record of what it is and how it will happen.

They will create a support plan together with the carer and agree who will do the things that need to be done.

Both assessments and support plans should be personal to the individual and are completed with them, no decisions will be made without the individual.

Professionals should take into account that carers' needs may change over time, information/advice should reflect the needs at the specific time.

### The Carer's Assessment

- A carer's assessment is a good way to look at what support a person is giving someone and what is needed to help them look after themselves, whilst caring for someone else.
- It is not an assessment of how well a person takes care of those they look after; it is about the carer and is something they are legally entitled to.
- It is intended to identify the support needed and help to put it in place.

Carer's assessments can be done by the individual [online](#) OR via [Carer's Oxfordshire](#)

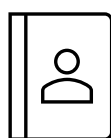
When discussing information with careers it should be plainly worded and free of jargon. Professionals should ensure that information is consistent and encourage the carer to ask questions.

#### Contact details:

[oxfordshire.safeguardingadultsboard@oxfordshire.gov.uk](mailto:oxfordshire.safeguardingadultsboard@oxfordshire.gov.uk)

#### Worried about an adult?

[How to report concerns - Oxford Safeguarding Adults Board \(osab.co.uk\)](#)



#### Resources

[Carers Oxfordshire is a service dedicated to helping carers in Oxfordshire](#)

[Local carers groups - Caring for our carers](#)  
[Caring for our carers \(oxfordhealth.nhs.uk\)](#)

