

The cover will need to be in place within two hours and will last for up to 48 hours (72 if over a Bank Holiday) while longer-term support is arranged.

Your plan will be held by Wealden and Eastbourne Lifeline, who will provide you with a card. You will need to update your plan with them if, and when, things change.

### **Carers Personal Budgets**

The Carers Personal Budget is a one-off payment for you to buy services to support you in your caring role or pay for leisure activities to enable you to have a life outside of caring. The payment is designed to give you an opportunity to do things such as:

- take a break from caring
- enjoy leisure or social activities
- access education or training and
- help to improve your health and well-being.

Priority is given to carers where there is a significant risk of the caring relationship breaking down.

The amount you could get will vary according to circumstances and depends upon each individual assessment. It is a contribution towards something you would appreciate as a carer – not everyone gets the same amount, and it will not necessarily cover everything you want.

There is no set amount or County Council policy on how much can be awarded. We need to make sure that decisions about awards are consistent, fair and responsive to needs.

The payment is non-taxable, and will not affect any benefits paid to you.

You cannot use the payment to buy services that involve intimate care for the person you care for, or to pay for goods or services that have already been bought. It may not be used to pay for everyday living expenses such as food shopping, heating, lighting, council tax, rent or mortgage payments.

### **To apply for a Carer's Assessment please contact Social Care Direct:**

Telephone: 0345 60 80 191  
(Calls are charged at your phone operator's local rate, and may be recorded)

Email: [socialcaredirect@eastsussex.gov.uk](mailto:socialcaredirect@eastsussex.gov.uk)

Minicom: 01323 466 630

You can also contact us by text from your mobile phone: please send your message to 07797 878 111

**August 2010** –  
this leaflet replaces the June 2010 version.

# Are you a carer?

## How Adult Social Care can help you

## What is a carer?

A carer is someone who provides regular and substantial care to someone at home. This could be a partner, family member, neighbour or friend.

Carers have a valuable role in helping people to manage at home, and we recognise that carers need help and support themselves.

As a carer, you can ask us to look at your situation and see how we can help you.

We can offer you an opportunity to discuss your needs in order to help you continue in, and to have, a life outside of your caring role. We call this a Carer's Assessment. It is carried out by a professional assessor or care manager and is normally offered at the same time as a community care assessment, or review, of the person who is cared for.

During the Carer's Assessment, we will talk about your support needs and whether they can be met by social or other services. We will take into account any support services you, and the person you care for, already receive.

**Talking about how caring affects your life can be a valuable experience in its own right.**

As a carer, you may be able to get the following services:

- Home-based Carers' Respite Service
- Register for a CRESS Card (Carers Respite Emergency Support Service)
- Carers Personal Budget
- Advice and information about local voluntary sector services.

Services to carers are not currently subject to a financial assessment.

### Home-based Carers Respite Service

The Home-based Respite Service gives you a break from the direct responsibility of supervising or caring, by providing a service to the cared-for person in their own home.

Carer breaks should be specifically for you to have time for yourself, to allow you to have planned appointments and training etc. This could be as an ongoing regular or time limited service.

We will look at whether we can offer you this service during your Carers Assessment or review.

If you provide **regular and substantial** care, and you need a service or break to support you in your caring role (to an adult receiving, or eligible for community care services), you will be able to choose your service by:

1. Using one of the organisations included in East Sussex County Council's Framework of Approved Organisations in your area, **or**
2. using the funds for a Direct Payment (DP) to buy services from an alternative provider of your choice.

The Home-based Respite Service aims to meet your needs and the person you care for. It can offer you respite outside normal working hours, and you will have the option to choose when you'd like to receive it.

### CRESS (Carers Respite Emergency Support Service)

Many carers worry about what would happen to them if, for example, they became ill or were involved in an accident. By registering for a CRESS card, you can get peace of mind by ensuring that alternative short-term care can be provided.

As part of your Carer's Assessment, you can record a contingency plan. Ideally you will identify three people and/or care providers who will be able to step into your caring role in an emergency, who will be contacted to confirm they are happy to be nominated.

In the event that none of these options is available, as a last resort care will be provided by Adult Social Care's own Directly Provided Service.