



**WE CARE  
YOU CARE.**

## Carers Assessments and Support Services

Does a partner, family member or friend rely on you for care and support? ✓

Does the person you care for live in Redcar & Cleveland (R&C)? ✓

Did you know you are an **unpaid carer** and entitled to a **Carers Assessment** from Redcar & Cleveland Borough Council (RCBC) to support you in your caring role. There are also local **carer support services** that can help you.



Contact the Adult Social Care Access Team at RCBC on **01642 771500** to request a **Carers Assessment**.

(You can request this at any time during your caring journey and the person you care for does NOT need to be receiving care services for you to qualify).



**2**

A **carers assessment** will be arranged and carried out by a social care practitioner, **in person** or by **phone**, whatever you are most comfortable with.

You'll discuss how caring affects your life, including your **mental** and **physical health, work, finances, and relationships**.

**3**



A **personalised plan** will be created for you and reviewed after **12 months** or sooner if your situation changes.

Or if the **local carer support services** can help your social care practitioner will connect you with the right one.

**1**

For a  
**Carers Assessment**

## Where to start?

You can do either or both

**1**

For local  
**carer support services**



Go to [www.wecareyoucare.info](http://www.wecareyoucare.info) to understand your options as an unpaid carer.

Alternatively you can contact **Teesside Mind** on **01642 257020** or **Carers Together** on **01642 488977**

They will hold a '**Getting to Know You**' session to chat with you about how caring for others affects you and your everyday life. They will help you with what you need or connect you with other support services.

*With your consent, they can put you in touch with the Adult Social Care Access Team for a **carers assessment** and share your details to avoid repeating your story.*

For further support for you and the person you care for explore the [R&C Information Directory](#).