

Carers Assessment – if you are caring for someone aged 18+ you are entitled to a carers assessment by the local authority of the person you care for. This looks at the impact caring has and what support is available to help you in your caring role and to live your life well. It will cover many aspects of your life including health and wellbeing, ability to work and impact on relationships. The assessment will determine if you are eligible for any support from the local authority. If you do not meet eligibility for local authority support they will provide you with information and advice on how to access support from other local services for carers.

Online self-appraisal - https://www.richmond.gov.uk/carers_self_appraisal

Contact details for Richmond Access Team – 020 8891 7971 / adultsocialservices@richmond.gov.uk

Parent Carers Needs Assessment (PCNA) – if you are caring for someone aged under 18 who lives in the Richmond and Kingston boroughs you are entitled to a PCNA. This is a self-assessment form, Richmond Carers Centre can give you the form and support you in completing it.

Needs Assessment for an adult – the person you are caring for is entitled to an assessment of their own needs by the local authority where they live. This will assess their physical, mental and emotional needs and as their carer you can be involved in this assessment. The assessment will determine if they are eligible for any support. There is a threshold for financial support from the local authority and this would be assessed through a financial assessment. If they do not meet eligibility for support they will provide them with information and advice on local services who can help meet their needs.

Contact Richmond Access Team for Richmond residents

Needs Assessment for a child – if you feel that the child you care for would benefit from an assessment of their needs you can talk to the Single Point of Access (SPA) about this.

Richmond and Kingston Single Point of Access – 020 8547 5008

Carers Emergency Card – this scheme is to ensure there is emergency cover for the person you care for if something unexpected happened to you. You need to contact the local authority about this and they will conduct a carers assessment for you (see above) and give you a form to complete to apply for a carers emergency card.

Carers Allowance – this is a benefit for carers aged 16 and over. There is an eligibility criteria you will need to meet to be able to claim carers allowance. If you claim certain other benefits you may not be eligible. Carers Allowance can also have an impact on other benefits.

For further information see - <https://www.gov.uk/carers-allowance/eligibility>

For further information and support in applying contact Richmond Carers Centre / Richmond AID

Carers Credit - If you are caring for someone for more than 20 hours a week but are not eligible to claim Carers Allowance, you may be eligible to claim Carers Credit. Carers Credit is a National Insurance Credit that helps with gaps in your national insurance record. Your state pension is based on your National Insurance record.

For further information see - <https://www.gov.uk/carers-credit>

For further information and support in applying contact Richmond AID

Benefits for the person you care for – the person you care for may be entitled to disability benefits:

- Disability Living Allowance for children – parents can claim for a child under 16 years who has needs that are substantially more than a child of the same age with no disability/illness

- Personal Independence Payment – for a person aged 16-64 years who has a disability or illness that means they have had difficulties with daily living tasks and/or moving around for three months and expect it to continue for at least nine months
- Attendance Allowance – for a person aged 65 and over who has a disability or illness that means they need help and support

For further information see - <https://www.gov.uk/browse/benefits>

For further information and support contact Age UK / Richmond AID / KIDS Richmond and Kingston

Employment rights for carers – all employees have a right to make one request per year to their employer for flexible working if they have worked for an employer for at least 26 weeks. Employees also have the right to take reasonable time off work because of emergencies.

Other financial support – you may be eligible for other help with your finances, for example:

- Council tax discount – people who meet certain categories may qualify for a discount e.g. if you have left your home empty to provide care / moved into a care home / someone with a severe mental impairment lives in the home. For further information in Richmond see - <https://www.richmond.gov.uk/services/council-tax/council-tax-discounts>
- NHS costs – you/the person you care for may qualify for help with NHS health costs if you are claiming benefits or have a low income, this includes free prescriptions, dental treatments, eye tests, travel costs and wigs. People aged over 60, under 16 (18 if in full time education) or have a qualifying medical condition are eligible for free prescriptions. See - <https://www.nhs.uk/NHSEngland/Healthcosts/Pages/help-with-health-costs.aspx>
- Help with fuel costs and TV license discounts dependent on eligibility
- Local Authority Local Assistance Scheme – grants available for those claiming certain benefits who are in need of essential household items or a crisis payment e.g. for food. For further information in Richmond see - <https://www.richmond.gov.uk/apply-for-a-local-assistance-scheme-grant>

Getting a break – breaks are vital for your own health and wellbeing. There are different options to have a break:

- a) Discuss with social services – you may be eligible for financial support in having a break and/or respite care (see carers assessment above)
- b) Arrange care for the person you care for yourself e.g. family, friends, agency care workers, self-employed care workers
- c) Local organisations provide support e.g. day centres, activities for carers and the person you care for
- d) Carer Smart – a club by Carers Trust where you can register to receive offers, benefits and discounts for carers and people with care needs – www.carersmart.org
- e) Richmond Card Leisure Subscription – gives you discounts on fitness classes and activities. Carers registered with Richmond Carers Centre get a discount on the leisure subscription cost <http://www.richmond.gov.uk/services/richmondcard/richmond-card-for-leisure/leisure-card-cost>
- f) Grants – Richmond Carers Centre can support you in searching and applying for a grant for a break

Contact details for organisations referenced above:

- Richmond Carers Centre – 020 8867 2380 / support@richmondcarers.org
- Richmond Access Team – 020 8891 7971 / adultsocialservices@richmond.gov.uk
- Richmond and Kingston Single Point of Access – 020 8547 5008
- Richmond AID benefits advice team – 020 8831 6080 / benefits@richmondaid.org.uk
- Age UK Richmond benefits advice team – 020 8878 3546 / welfarebenefits@ageukrichmond.org.uk
- KIDS Richmond and Kingston SENDIASS – 020 8831 6179 / richmondkingston@kids.org.uk

If you have any questions about the information listed in this document please contact Richmond Carers Centre.