

## 7 Minute Briefing – Carers

### 1. Who is a carer?

A carer is someone who looks after a relative or friend who due to ill health, physical or mental illness, disability, frailty or addiction cannot manage without their support. Many carers see themselves as partners, parent, children, relatives, friends first and foremost which can mean they don't always identify as carers and may miss out on advice, support and help that they themselves might need. **Carers can be any age and are often children.**

### 2. About carers

**Carers do a fantastic job.** For many people, caring is a positive experience, however there are times when it can become overwhelming or trigger feelings of loneliness or frustration. Carers may find that their caring responsibilities impact on their physical and emotional health, work or finances, particularly the longer they are in a caring role.

Carers have the right to be supported and don't have to wait until they are struggling or in crisis before asking for support.

### 3. Carers Assessment

**Carers are entitled to have a Carer's Assessment** to see what might help and support they may need to make their life easier.

This can include advice and guidance to support their own wellbeing, support to give the carer a break, equipment or adaptations within the home, help / advice regarding benefits, emotional support and emergency planning.

### 4. What does the assessment involve?

The assessment is usually carried out by a carer's assessor. The assessor will ask the carer how their caring role impacts on their life and they will discuss what support they might need.

The assessor will discuss support available and help to put things in place.

### 5. How to request a carer's assessment

The carer or a professional can request support using the new [online portal](#) or you can contact [Gaddum Salford Carers: Salford.carers@gaddum.org.uk](#) or by phone - 0161 834 6069

Gaddum is a charity that provides support to carers in Salford.

### 6. Young Carers

A young carer is a young person under 18 who provides care and emotional support to a family member.

It is important young carers have time for themselves, access to social activities and are protected from inappropriate caring. Gaddum Salford Carers Service also supports young carers in a variety of ways including providing social groups and activities, support in school and residential breaks.

### 7. Further info:

[Gaddum Salford Carers](#)

[Gaddum Short Video which explains more about carer's assessments and support for carers.](#)

[Caring for someone](#)

[SSAB Top Tips for Carers](#)

[SCIE - Carers](#)

[Carers Trust](#)

**Contact details:**

Safeguarding Board: [SSAB@Salford.gov.uk](mailto:SSAB@Salford.gov.uk)

[Worried about an Adult?](#) Call 0161 631 4777

<https://safeguardingadults.salford.gov.uk/>

GMP: 101 or 999 for emergencies