**Carer’s assessment infographic alt text**

Infographic title: Your right to a carer's assessment

For more information visit [www.MNDAssociation.org/CaringSupport](http://www.MNDAssociation.org/CaringSupport)

Text reads:

What is a carer’s assessment?

A carer’s assessment enables you to tell adult social care services how your caring role could be made easier.

You should be offered an assessment once you have been identified as a carer, or you can ask for one. Contact your local authority or, in Northern Ireland, your local health and social care trust.

You have a right to a carer’s assessment whether or not you live with the person you support. You may provide care full-time or part-time or combine care with paid work.

The person you support doesn't need to have had a social care assessment.

The assessment does not judge your capability as a carer, but allows you to review your caring role:

Do you need help and are there services that could support?

Are you willing and able to carry on caring?

Can you continue to give increasing levels of care?

An assessment will help you find out about: care services, benefits advice and local voluntary organisations. Planning for respite, urgent or emergency care. Assistance with travel. How to maintain your own interests, studies or activities while caring

suggestions for counselling or support groups.