

YOUR GUIDE TO CARER'S ASSESSMENTS

A carer is someone who provides or intends to provide unpaid care or support, to an adult or child who is unable to manage without this help due to a long-term illness, disability, mental health problem or an addiction. This includes adult carers, parent carers and young carers.

What is a Carer's Assessment?

It is your opportunity to discuss your caring role and the way it affects your life, your health and wellbeing and your own goals. We suggest that the person you care for is not present for the assessment; by doing this you will be able to think more about your own needs.

An assessor will help to identify what information, support and services you may need to be able to continue to provide care. What matters to you will be at the heart of the assessment; the assessor will look at how you can continue doing the things that are important to you and your family. The assessor will also discuss to what extent you are willing and able to continue to provide care.

Please do not be put off by the term 'assessment'. It is not a financial assessment, or a judgement on how well you are caring. It also has no connection to benefits such as Carers Allowance.

What help is available?

This will depend on your individual circumstances and what matters to you. The assessor will have knowledge and access to a number of organisations who may be able to help you and the person you care for. This support may be in addition to the support identified in the wellbeing assessment of the person you care for, but you can have a carer's assessment even if the person you care for does not get any help from social services.

You can ask for a carer's assessment at any time.

As rewarding as it can be, being a carer can also impact on home and work life, free time and relationships.

You are entitled to a Carers Assessment from the local authority if:

- ✓ You are not a paid carer
- ✓ You provide care or support to someone who lives in the Vale of Glamorgan

Request a Carer's Assessment

If you are aged 18 or over:

Contact One Vale (C1V)

Tel: **01446 700111**

E-mail c1v@valeofglamorgan.gov.uk

If you are under 18 years old

(Young Carer):

Families First Advice Line (FFAL)

Tel: **0800 0327 322**

You can get support and information without a Carer's Assessment.

You can get information on services or request a carer's information pack by contacting Contact One Vale (C1V) Tel: 01446 700111 or E-mail c1v@valeofglamorgan.gov.uk

There is no charge for a Carer's Assessment, information or advice



Vale of Glamorgan Council
www.valeofglamorgan.gov.uk/carers



EICH CANLLAW I ASESIAU GOFALWR

Gofalwr yw rhywun sy'n rhoi neu'n bwriadu rhoi gofal neu gymorth di-dal, i oedolyn neu blentyn sy'n methu ymdopi heb ei help oherwydd salwch hirdymor, anabledd, problem iechyd meddwl neu ddibyniaeth. Mae hyn yn cynnwys gofalwyr sy'n oedolion, gofalwyr sy'n rhieni a gofalwyr ifanc.

Beth yw Aseiad Gofalwr?

Hwn yw eich cyfle i drafod eich rôl gofalu a'r ffordd y mae'n effeithio ar eich bywyd, eich iechyd a'ch llesiant a'ch nodau eich hun. Rydym yn awgrymu nad yw'r person yr ydych yn gofalu amdano yn bresennol yn yr aseiad; trwy wneud hyn gallwch feddwl yn fwy am eich anghenion eich hun.

Bydd aseswr yn helpu i nodi pa wybodaeth, cymorth a gwasanaethau a allai fod eu hangen arnoch i allu parhau i gynnig gofal. Bydd beth sy'n bwysig i chi wrth wraidd yr aseiad; bydd yr asesydd yn edrych ar sut y gallwch barhau i wneud y pethau sy'n bwysig i chi a'ch teulu. Bydd yr asesydd hefyd yn trafod i ba raddau yr ydych yn barod ac yn gallu parhau i roi gofal.

Peidiwch â chael eich dychryn gan y term 'aseiad'. Nid yw'n aseiad ariannol, neu ddyfarniad neu brawf ar ba mor dda yr ydych yn gofalu. Hefyd, nid oes ganddo unrhyw gysylltiad â budd-daliadau megis Lwfans Gofalwr.

Er ei fod yn waith gwerth chweil, gall bod yn ofalwr effeithio ar eich bywyd yn y cartref a'r gwaith, eich amser sbâr a'ch perthnasoedd.

Pa gymorth sydd ei angen arnoch?

Bydd hyn yn dibynnu ar eich amgylchiadau unigol a beth sy'n bwysig i chi. Bydd gan yr aseswr wybodaeth a mynediad i nifer o sefydliadau a allai eich helpu chi a'r person yr ydych yn gofalu amdano. Gall y cymorth hwn fod yn ychwanegol i'r cymorth a nodwyd yn aseiad llesiant y person yr ydych yn gofalu amdano, ond mae'n bosib i chi gael aseiad gofalwyr hyd yn oed os nad yw'r person hwnnw yn cael unrhyw gymorth gan y gwasanaethau cymdeithasol.

Gallwch ofyn am aseiad gofalwr ar unrhyw adeg.

Mae gennych hawl i gael Aseiad Gofalwr gan yr awdurdod lleol o dan yr amgylchiadau canlynol:

- ✓ Nid ydych yn ofalwr sy'n derbyn tâl
- ✓ Rydych yn rhoi gofal neu gymorth i rywun sy'n byw ym Mro Morgannwg

Gofyn am Aseiad Gofalwr

Os ydych yn 18 mlwydd oed neu hŷn:

Canolfan Gyswilt Un Fro (C1V)
Ffôn: **01446 700111**
E-bost c1v@valeofglamorgan.gov.uk

Os ydych dan 18 mlwydd oed: (Gofalwr Ifanc):

Llinell Gyngor Teuluoedd yn Gyntaf
Ffôn: **0800 0327 322**

Mae'n bosib cael cymorth a gwybodaeth heb Aseiad Gofalwr.

I gael gwybodaeth am wasanaethau neu i wneud cais am becyn gwybodaeth i ofalwyr cysylltwch â Canolfan Gyswilt Un Fro (C1V) Ffôn 01446 700111 nei E-bost c1v@valeofglamorgan.gov.uk



Ni chodir tâl am Aseiad Gofalwr, gwybodaeth neu gyngor
Cyngor Bro Morgannwg
www.valeofglamorgan.gov.uk/cy/living/social_care/adult_services/Carers/Carers.aspx

