The carer's on-line self-assessment tool is here!

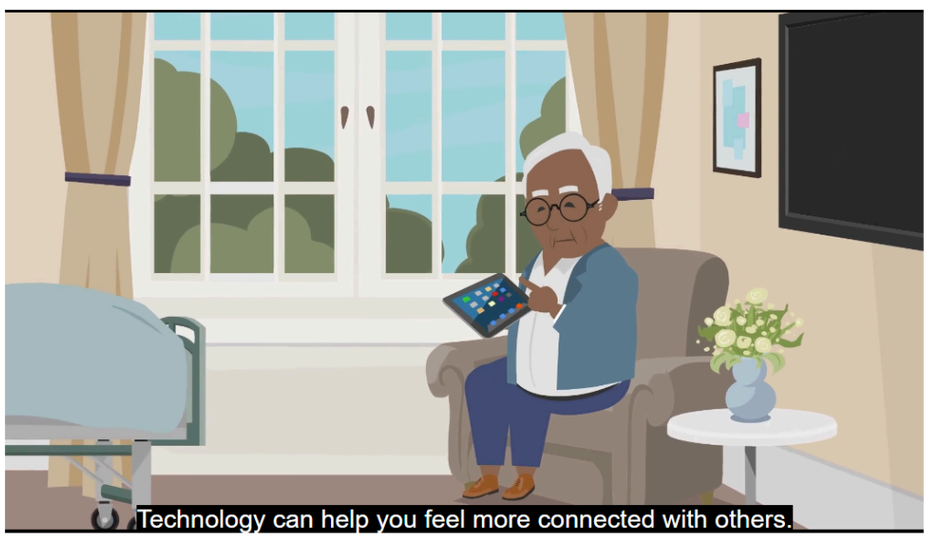
The self- assessment tool is an opportunity for unpaid carers to consider the impact that your caring responsibilities may be having on you. With the aid of the tool, you can consider the effects that your caring duties may be having in a number of areas including your health and wellbeing, finances, relationships and employment.

You can complete the assessment in your own time and/or with someone you trust. The self-assessment can be saved and resumed later. There is the opportunity for you to submit your assessment to the Brent Carers Centre for a follow-up conversation with a worker.

Care and support assessments

Begin your carer's self-assessment

Animated Videos which a demonstrate what support you might need



Section: An introduction to your day-to-day relationships with family, friends and others

How do you feel about managing your caring role and day-to-day relationships with family, friends and others? (required)

- I can do this for myself or with the support I already have
- I need more help than I already have

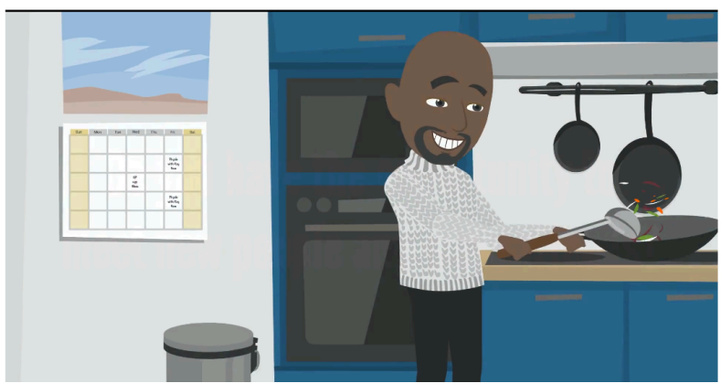
Select the areas where you need help: (required)

- I need support to meet new people and make friends
- I need support to stay in touch with family and / or friends
- I need support to use technology to stay in contact with my friends and family

Select all the options that apply to you

Previous Next

Section: An introduction to your day-to-day relationships with family, friends and others



View resources for carers

A list of of recomendations for services available

Here are some external resources that might help you in a variety of situations. As you work through your assessment you will get suggestions tailored to your needs.

Aids and equipment	Assistance schemes	Government support
Mobility aids https://www.completecareshop.co.uk/mobilit... National	Lease a car, scooter or wheelchair (Motability) https://www.motability.co.uk/ National	National Careers Service https://nationalcareers.service.gov.uk/ National
Household aids https://www.completecareshop.co.uk/living-... National	Skills for Careers - Training, CV help https://www.skillsforcareers.education.gov.uk/ National	Carers breaks and respite https://www.nhs.uk/conditions/social-care-a... National
Eating and drinking aids https://www.completecareshop.co.uk/living-... National	Housing options for older people https://hoop.eac.org.uk/hooptool/ National	Find a job https://www.gov.uk/find-a-job National