Easy Read Fact Sheet 11 Personalisation and Help for Carers

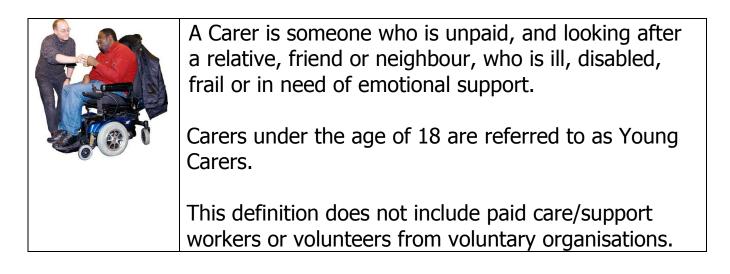




Your Support Plan should make sense to you, your Carer, your family and your friends. You should be able to find solutions that work for you all.



```
What is a Carer?
```





	What help is there for Carers?
	A Carer can ask for a Carers Assessment from Social Services, even if you do not wish to have a Social Care Assessment.
Assessment	The Carers Assessment is simply a conversation to find out about a Carer's situation and what would help them in their role.
	The following things may be talked about in their conversation.
X	How willing and able is your carer to continue to provide support and care.
	How is your carer's health and well-being.
Ŵ	How able is your carer to take part in work, education, training and leisure activities.
Community Life	You will normally have either a Carer or a Main Supporter. Independent voluntary organisations can help with your Carer or Main Supporter in lots of different ways. They can help with:
Library	Information and advice Services

Generits Carer's Allowance	Financial Advice including Welfare Benefits
Social Club	Joining support or social groups
	The York Carers Centre can find carers support and help.
	17 Priory Street, York YO1 6ET.



For further information please look at the other Fact sheets in this series and our website: www.york.gov.uk