

The treatment of the person you care for cannot be discussed or shared without their permission, but staff can still provide an overview. Any information that you provide will be treated in confidence.

## Meeting other carers and support groups

Many people find talking to others with similar experiences extremely supportive. For more details about local groups please call the Kernow Carers Service (details on back page).

There is also a monthly Trust Carer's Committee which carers can attend. Please telephone: **01208 834260** for more information and details of the next meeting.

The Trust is a member of the Triangle of Care (Carers Trust) National Initiative <http://professionals.carers.org> then search Triangle of Care.

## Other Benefits

You may be eligible for other benefits, including Carer's Allowance. Please contact your local One-Stop-Shop through the Benefits Enquiry Line on: **0800 220674**.

To contact your local Citizen's Advice Bureau, please call: **08444 111444**.

## Support for mental health carers in Cornwall

<http://www.cornwallft.nhs.uk/services/carers-corner/>

Carers UK Advice Line: **0808 8087777**

Kernow Carers Service: freephone **0800 587 8191** or alternatively **01872 323535**

Disability Cornwall: **01736 759500**

Parent Carer Council for Cornwall: **07973 763332**

Cornwall Council: **0300 1234100**

## Comments and concerns

We welcome your views, feedback and suggestions about how we can improve our service. The PALS office takes calls Monday to Friday between 9.30am and 4.30pm.

Telephone: **01208 834620**

Email: [cpn-tr.palscft@nhs.net](mailto:cpn-tr.palscft@nhs.net)



To get this information in another format email:

[cpn-tr.communications@nhs.net](mailto:cpn-tr.communications@nhs.net)

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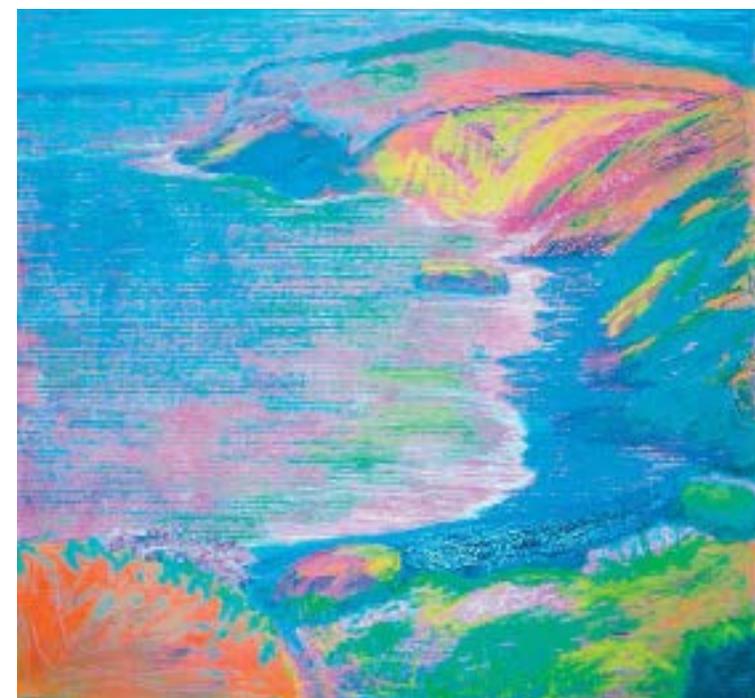
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**Cornwall Partnership**  
NHS Foundation Trust

# A Fresh Commitment to Mental Health Carers in Cornwall



Find us online at [cornwallft](http://cornwallft)

**CHA3777**



## Who is considered to be a carer?

The term carer is used here to describe someone who provides, or intends to provide, practical and emotional support to someone with a mental health problem.

You may or may not live with the person you care for. They may be your spouse, partner, a relative, friend or neighbour, but you now find yourself in a position of needing to support someone.

## Common mental health problems

The term 'mental health problem' is used to describe a number of mental illnesses of a severe and/or enduring nature; such as clinical depression, schizophrenia, bi-polar (manic depression), psychosis, dementia or an eating disorder.

We must ensure you receive the right support and information, and are involved in the assessment and carer planning for the person you care for, including any changes to their care plan.

Under the Care Act 2015 carers are equally entitled to an assessment this must be offered to them by the relevant agency once they are identified as a carer.

## What is a carer's assessment?

A carers' assessment must consider whether the carer works, undertakes any form of education or training, leisure activity or their wish to do any of these. It is usually carried out by a mental health worker in the relevant team, as they have the best knowledge of the social support network surrounding the person who is being cared for.

This may be the Care Co-ordinator, for example a Community Psychiatric Nurse (CPN), a Social Worker, Occupational Therapist (OT) or other member of the local Integrated Community Mental Health Team (ICMHT).

Where someone receives services from the Complex Care and Dementia Service (CC&D), the assessment may be carried out by Children, Families and Adults (CFA) at Cornwall Council. Either way, the health or social care worker will have experience knowledge and skills in mental health care.

## How will an assessment help?

As a relative, spouse, partner or friend, you will have a great deal of experience and understanding of the person you care for. This is in line with the Triangle of Care guiding principles which were developed by carers and staff to promote safety, recovery and well being of patients.

A carers assessment may identify ways that you can be assisted in your caring role. This not only helps and supports your needs, but is essential in the building of a complete picture of what life is like for the person you care for and you as their carer.

Assessment can help the development of a care plan for you, if you choose to have one. It can also assist in care planning for the person you care for.

You may be entitled to a Carer's Personal Budget to help you continue in your caring role. Please note - this is a local independent budget. It is assessed on an individual basis and is not means-tested.

For further advice and more information about a Carer's Personal Budget, please telephone: [01326 430320](tel:01326430320).

For longer-term support, the assessment may identify the need to work with other agencies or organisations, such as the Kernow Carer's Service.

## Confidentiality

You and the person you care for have the right to expect that personal information about you will not be shared with other people without your consent. Safety will always be a priority consideration.