

Appendix 4:

The Carer's Assessment

Either through their GP practice (often with the support of the Carer's Champion), via local social services or through the support of an independent agency or charity, carers can be supported to access a Carer's Assessment. This will help to determine:

- Their eligibility to receive benefits, including Attendance Allowance and the Blue Badge scheme.
- Their eligibility for respite care provision, so they can take a break (this could include the person with dementia having access to day care centres, a short break in a care home, or respite care in their own home).
- How they might access more information about homecare from a paid carer, support to approach friends and family to help, respite holidays, sitting services, etc.
- Opportunities to access free gym membership and exercise classes to relieve stress.
- Availability of financial help with the cost of taxi fares (if the carer doesn't drive).
- Eligibility for support around the house with gardening and housework.
- Ease of access to useful training.
- Opportunities to put the carer in touch with local support groups: for example:
 - Dementia Café (<https://www.alzheimers.org.uk/get-support/your-support-services/dementia-cafe>)
 - Age UK: Your guide to starting a successful dementia café (<https://www.ageuk.org.uk/bp-assets/globalassets/norfolk/age-uk-norfolk-dementia-cafe-toolkit.pdf>)
 - Carers UK online forum (<https://www.carersuk.org/forum/specific-disabilities-conditions/dementia>)
 - Alzheimer's Society Talking Point online forum (<https://forum.alzheimers.org.uk/>)
 - Alzheimer's Association ALZConnected® online forum (<https://www.alzconnected.org>).
- Opportunities to access and have involvement in dementia research. There are dozens of dementia research projects going on around the world at any given time, and many of these are based in the UK. Much of the research is aimed at understanding the causes of dementia and developing new treatments. However, there is increasing interest in researching the roles and needs of those who help others to stay independent with dementia. The carer can sign up to take part in trials on the NHS Join Dementia Research website (<https://www.joindementiaresearch.nihr.ac.uk/>).