

Carers Assessments

Briefing Note

Carers' Assessments and the Importance of Professional Curiosity

Carers' assessments are not just a statutory duty—they are a vital opportunity to support those who support others. Professional curiosity enables us to see beyond the caring role and respond to the real, human needs of carers.

Carers provide unpaid support to individuals who are ill, disabled, or elderly. While their contribution is invaluable, the personal cost to carers is often overlooked. Many carers do not self-identify and may not seek help until they are in crisis.

Under the Care Act 2014, carers have a legal right to an assessment of their own needs, separate from the person they care for.

What is a Carer's Assessment?

A carer's assessment explores:

- The impact of caring on physical and mental health
- The carer's ability to maintain employment, education, and social connections
- Their personal goals and wellbeing
- The support they may need to continue caring safely

It is a proactive tool to prevent burnout and promote sustainable caring arrangements.

Why Professional Curiosity Matters

Professional curiosity involves:

- Asking open, thoughtful questions
- Noticing signs of stress or fatigue
- Creating a safe space for carers to share their experiences

This approach helps uncover hidden needs and ensures carers receive appropriate support before reaching crisis point.



High-Demand Caring Roles

Carers providing:

- 50+ hours per week
- Intensive physical care
- Support for individuals with mental health conditions or dementia

...are at increased risk of:

- Physical injury
- Emotional exhaustion
- Mental health issues
- Social isolation

These carers require particular attention during assessments to ensure their own health and wellbeing are protected.

Key Actions for Professionals

- Identify carers early and offer assessments
- Use open-ended questions to explore the full impact of caring
- Routinely offer re-assessments

