

A personal budget is a sum of money that we will contribute towards the cost of your support needs. This could be paid directly to you, or you can ask us to arrange your support.

You can have a carer's assessment even if the person you care for does not get any help from the Council; they will not need to be assessed unless they wish to be.

The Cornwall Community Directory lists a wide range of support available in Cornwall:
www.communitydirectory.cornwall.gov.uk

To find out more about the Care Act and how it may affect you, call the helpline on **01872 322861**. You can also email:
adultcare@cornwall.gov.uk

You can download an Easy Read summary of the Care Act from:
www.cornwall.gov.uk/careact



If you would like this information in another format or language please contact:

Cornwall Council, County Hall,
Treyew Road, Truro TR1 3AY

Tel: 0300 1234 131

Email: adultcare@cornwall.gov.uk

www.cornwall.gov.uk



Do you help to care
for someone?



From April 2015, the new Care Act will help to make care and support more consistent across the country.

‘Care and support’ is the term we use to describe the help some adults need. This help allows them to live as well as possible with any illness or disability they may have. It can include help with things like washing, dressing, eating, getting out and about, and keeping in touch with friends or family.

If you help to care for someone, you could benefit from the changes.

Supporting you in caring

In England, millions of us provide unpaid care or support to an adult family member or friend, either in our own homes or somewhere else.

‘Caring’ for someone covers lots of different things, like helping with their washing, dressing or eating, taking them to regular appointments or keeping them company when they feel lonely or anxious.

If this sounds like you, from April 2015 you may be able to get more help so that you can carry on caring and look after your own wellbeing.

The right help at the right time

You may be eligible for help to make caring easier, like arranging for support to have a short break.

You may prefer just to be put in touch with local support groups so you have people to talk to.

We can help you find the right support. This will be done through a carer’s assessment.

Assessing your wellbeing

A carer’s assessment will look at the different ways that caring affects your life. It will help you work out how you can carry on doing the things that are important to you and your family. Your physical, mental and emotional wellbeing will be at the heart of this assessment.

We will offer you advice and guidance to help you with your caring responsibilities and to look after your own wellbeing. As a result of the assessment, you may be eligible for some support through a personal budget.

