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| **CARERS** |  **Southwark Older People and Physical Disabilities   CARERS’ SELF REFERRAL FORM**  |
| An informal carer is someone helping a family member or friend who cannot manage on their own and needs support with their daily tasks. Informal carers are not paid for providing this support but do so because they care. However, sometimes carers need help too.This referral form is for carers who:* are providing unpaid support to an adult with physical or age-related care needs **and;**
* would like to receive advice or extra support for themselves

This form can also be completed by someone seeking support for a friend or family member who is an informal carer.If instead you would like to request support for the person you are caring for please fill in our referral form people with care and support needs [Friends, family and self referral form | Southwark Council](https://forms.southwark.gov.uk/ShowForm.asp?nc=4EQR&fm_fid=2268).If you are a professional who is referring an informal carer for support please complete the carer referral form for professionals [Make a referral | Southwark Council](https://www.southwark.gov.uk/adult-social-care/our-teams/older-people-and-physical-disabilities-oppd/make-referral).  |
| **Referral Date** | Click or tap to enter a date. |

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| If you are contacting us about yourself please tick this box | [ ]   |

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| If you are contacting us about a friend/family member please tick this box and provide your details below | [ ]   |
| Your Name: |       |
| Phone: |       |
| Email: |       |
| **Consent** | Please tick this box to confirm that the carer agrees to this referral and for us to contact them. Without their consent we will not be able to provide support.  | [ ]   |

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| **CARER’S BASIC INFORMATION**Please add information about the informal carer |
| Name |       | Date of birth |       |
| NHS Number (if known) |       | Post Code |       |
| Address |       | Phone |       |
| Email: |       | Do you have trouble seeing or hearing | Choose an item. |
| GP Details |       | What is your main language? |       |
| Details of any disabilities or health issues |       | Can you speak and understand English? | Choose an item. |
| Do you have any trouble remembering things? | Choose an item. |

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| **PERSON BEING CARED FOR’S BASIC INFORMATION**Please add information about the person you are providing informal support to  |
| Name: |       | Date of birth |       |
| NHS Number (if known): |       | Post Code |       |
| Address: |       | Phone |       |
| Email: |       | Do they have trouble seeing or hearing? | Choose an item. |
| GP Details |       | What is their main language? |       |
| Details of any disabilities or health issues |       | Can they speak and understand English? | Choose an item. |
| Do they have any trouble remembering things? | Choose an item. |

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| **SUPPORT NEEDS OF THE CARER** |
| To help us to know more about you (the carer) please tick the boxes that apply to your/their current situation. If you tick a box please give more details in the ‘more info’ section.  |
| 1. Child-care:
 | Does your role as a carer prevent you from being able to carry out your caring tasks for a child?  | [ ]   |
| More info:  |       |
| 1. Caring Responsibility
 | Does your role as a carer mean that you are unable to continue to carry out caring tasks for someone else?  | [ ]   |
| More Info: |       |
| 1. Environment
 | Does your role as a carer stop you from keeping your home clean and/or safe? | [ ]   |
| More Info: |       |
| 1. Nutrition
 | Does your role as a carer stop you from eating properly and staying healthy? | [ ]   |
| More Info: |       |
| 1. Relationships
 | Does your role as a carer stop you from being able to spend time with friends or family?  | [ ]   |
| More Info: |       |
| 1. Work and Training
 | Does your role as a carer mean that you are unable to take part in work, training, education or volunteering? | [ ]   |
| More Info: |       |
| 1. Accessing the community
 | Does your role as a carer mean that you are unable to make use of facilities or services in their community? | [ ]   |
| More Info: |       |
| 1. Recreation
 | Does your role as a carer mean that you do not have free time for hobbies or relaxation? | [ ]   |
| More Info: |       |
| What kind of support would be helpful to you?(for example information and advice/respite**\***/support for yourself) |       |
| If you are requesting respite to begin within the next 3 months please tick this box.***\*What is respite? -*** *Taking a break from your caring role while someone else temporarily steps in to look after the person you care for. This might include care at home or a short term move a 24 hour care home setting.*  | [ ]   |

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| RISKS | Please tell us if you (the carer) have any of the following issues in your home: | Hoarding or clutter | [ ]   |
| Trip hazards | [ ]   |
| Tenancy or eviction risk | [ ]   |
| Pests or infestations | [ ]   |
| Absence of utilities | [ ]   |
| Property neglect | [ ]   |
| If you have ticked any of the above please provide more info here: |       |
| Please tell us about any possible risks that we need to be aware of when visiting your (the carer’s) home: |       |

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| **EMAIL THIS FORM TO:** | **oppdcontactteam@southwark.gov.uk** |
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| **What happens next?**Once we get this referral we will quickly check the information you have provided. Someone from our team will then contact you (the carer) to offer advice and tell you about other help or services in Southwark for carers.If you need more support we will hand over to one of our social work teams who will arrange to visit you and complete a ‘Carer’s Assessment’. This will help us to understand more about your needs and look at what further support or advice we can provide to make things easier for you.Whilst you are waiting for us you can find information on advice in Southwark for unpaid/informal carers on our website: [Unpaid carer's support | Southwark Council](https://www.southwark.gov.uk/adult-social-care/unpaid-carers-support).**How long will this take?**We aim for one of our team to make contact with you as soon as possible to let you know that we have received your referral and to provide any advice or information around support in Southwark. This will usually be within a few days of us receiving your referral. If it is agreed that a ‘Carer’s Assessment’ is needed you will be added to our waiting list for a Social Work practitioner. During busier times it may take longer for us to be able to allocate someone. If this is the case we aim to call every 2-3 weeks to check in and give an update.**What other support is there in Southwark?**For further support, services, advice and guidance you can also contact our partner agencies who are there to provide expert support and advice to carers in Southwark:* Mobilise [Online support for unpaid carers | Mobilise](https://www.mobiliseonline.co.uk/)
* Southwark Carers [Southwark Carers](https://www.southwarkcarers.org.uk/)
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