Carers Manchester

Information Sheet:

Carers Assessments

Last updated: April 2026

Please note this guide is for those caring for someone who lives under the Manchester City Council only. If the cared-for person lives under a different council, please contact their local council to find out how you can access a Carer's Assessment.

What is a Carer's Assessment?

A Carer's Assessment looks at your needs as an unpaid carer and is an opportunity to find out about support or services available to you. It's not a test and you will not be penalised for the care you provide. It's an opportunity for you to ask any questions too. Carer's Assessments are free of charge and designed to support you and the person you care for.

Who can have a Carer's Assessment?

- If you are over 18 years old and look after an adult who is disabled, has a long-term illness, or is elderly, you are entitled to have a Carer's Assessment.
- If you care for someone under the age of 18, you can independently sign up for parent carer support with Manchester City Council's Local Offer or Short Breaks teams or the Family Fund. If you require family support, you can self-refer to Early Help (tel: 0161 234 5001; email: mcsreply@manchester.gov.uk).
- Carer's Assessments and Parent Carer Services are available for all carers. It is not dependent on how many hours you care; the type of care you provide; if you work or study; your household income; or whether you live with the person you care for.
- If you and the person you are caring for prefer, a combined assessment of your needs can be undertaken; this can help jog your memory about all the roles and tasks you undertake.
- If you share caring responsibilities with others, you can each have a Carer Assessment. If there is a child under 18, who helps with any of the caring duties, they can also get support- although the support will be different for a child. Visit the Young Carers section of the Manchester City Council website to find out more.

Who carries out the assessment?
Most assessments will be carried out by Manchester City Council's Adult Social Services department. However, if the person you care for is under Greater Manchester Mental Health services, your assessment will be carried out by them.

What happens during the assessment?

- A Social Care Assessor will ask how you're coping with caring and how it impacts your physical and mental health, work, free time and relationships.
- The assessor can refer you or the person you look after for support in the home for example aid, equipment and adaptations.
- If the need for respite care or a complete break away from caring is identified, a referral to the Integrated Neighbourhood Teams can be made to explore eligibility for funding.
- The assessor will inform you if you meet the criteria for an annual one-off carer's payment, known as the Carer's Personal Budget.
- The assessment is usually done on the phone and will last around 45 minutes. The person you care for doesn't have to be there but can be, if you prefer.
- You can also have a family member, a friend, support worker or advocate with you.

For more information on what happens during an assessment, see the Carers UK factsheet.

What happens afterwards?
A copy of the assessment form and a post assessment pack can be sent out to you at request. The pack includes a paper emergency card with your cared-for person's reference ID at the council. Should there be an emergency where you're unable to get to your cared-for person, emergency services will identify them through the ID on the emergency card.

If you were eligible for the carer's payment in the assessment, the assessor will complete relevant paperwork for the council's finance team to process.

Following the assessment, please contact your assessor's team directly if you have any queries or problems in relation to your paperwork or one-off annual carer's payment.

Could the assessment impact my benefits, pension, or immigration status?
If you get a personal budget payment as part or outcome of your Carer's Assessment, this will not affect your welfare benefits in any way and you don't need to declare it as income or savings to the DWP or anyone else. Getting a personal budget payment will also not affect your immigration status if you have no recourse to public funds (NRPF).

A personal budget is a one-off payment that carers can get from the council (social services) once a year if they meet specific criteria. Carers Allowance is quite different. It is a weekly or monthly payment from the DWP to carers who meet certain criteria that are different to the criteria for a personal budget; and payments of Carers Allowance count as unearned income and do affect other benefits.

How do I get one?
The Carers Manchester Contact Point is a dedicated service to refer you to the Manchester City Council for a Carer's Assessment. Contact us to find out more.

If you have already had an assessment and need a 12-month review or your circumstances have changed, you can email or phone us to request a review.

More information

- Carers UK: www.carersuk.org/help-and-advice/practical-support/carers-assessment/
- NHS: www.nhs.uk/social-care-and-support/support-and-benefits-for-carers/carer-assessments/