



North Tyneside Parent Carer Forum cic



North Tyneside
Council

What is a Parent Carer Needs Assessment ('PCNA')?

A parent carer needs assessment is a way for you, as a parent caring for a child/young person with a disability, to get help and support. It's a discussion where you talk about what you and your child/young person need. Here's what happens:

Discussion

You tell us how caring for your child affects you, including your physical and emotional well-being

What do you need?

Together, we will figure out what kind of help and support you need and how we can achieve it.

Plan

Based on what you talk about, we will make a plan to help you get the support you need.

What is the aim?

The goal is to make sure you have the help you need to take care of your child and yourself

How do I start a PCNA?

Go to our website (ntpcf.co.uk) and click on the link which will take you directly to the MS Form, or use the QR Code

I want to know more

Send us an email to PCNA@ntpcf.co.uk

Call/text/Whatsapp: 07572 787 044

We will be happy to have a chat!

