

Advice and information

If you require any further advice and information about this booklet please contact:

To ensure our services are accessible to all, documents are available in large print, Braille, on audio-cassette or computer disk upon request.

We can also provide help for British Sign Language users and provide information in other languages. Please ask for details.

From the Carer's point of view

– help when you have a Carer's Assessment



1 How do you provide support and assistance to the person you care for?

Think about the things you do as a Carer. This may include the following help: accompanying the person you care for whilst outdoors; bathing; cooking; dressing; eating and drinking; going to the toilet; help with medication; help with Direct Payments; housework; interpreting; keeping the person you care for company; payment of bills/management of finances; shopping; social events; supervising the person you care for; and walking.

There may be other tasks not listed here. Please think about what else you do as a Carer and how often you do them.

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10 Would you like the chance to get involved in developing and improving services for Carers?

This can include: completing questionnaires; telephone interviews; attending meetings; being part of a group; readers panels; or taking part in interviewing staff.

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11 Do you feel you have enough information to help you care?

For example, about:

- ◆ the illness/disability/condition of the person you care for?
- ◆ benefits for you, or the person you care for?
- ◆ your legal rights as a carer in the workplace?

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8 How does caring affect you emotionally?

Think about:

- ◆ the demands on your time
- ◆ do you have any time to yourself?
- ◆ is your sleep affected?
- ◆ are you worried about the future?
- ◆ do you feel under stress?
- ◆ do you have any support networks, such as, family, friends, neighbours or groups?

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9 Is there anything else you feel is important?

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2 Does anyone else help to provide support and assistance? How often do you receive this help?

Think about the people who help you, such as: friends; family; neighbours; and other professionals (District Nurses, Meals on Wheels staff and Domestic Help).

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3 What other commitments and/or responsibilities do you have now or may have in the future which might affect your ability to continue caring?

Think about any family responsibilities (such as looking after children), any work you do and social activities.

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4 Think about yourself? Is there anything you do at the moment not related to caring, which you want to continue to do or be able to do?

This could include: time-off for yourself; leisure/learning activities; relaxation courses; planned breaks; or support groups.

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5 Is there anything you wish to learn which you feel would help you to care?

You may want training to help you to care, such as Moving and Handling, First Aid or Medication Management. Or you may want to learn a new skill simply for yourself.

Remember, alternative care may be available for the person you care for. We can discuss this at your assessment.

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6 If you work or wish to return to work, is there any support you may need?

This could include: financial advice; alternative care for the person you care for; training (such as work based skills, confidence building, voluntary work or work experience); or information about your rights in the workplace.

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7 Do you have any health problems?

Please think about the following. Do you:

- ◆ find caring physically demanding? If so, does this affect your ability to care?
- ◆ have difficulty keeping doctor or hospital appointments?
- ◆ have difficulty looking after yourself? For example are you eating regularly?
- ◆ feel your health is suffering because of your caring role?
- ◆ foresee any health issues, such as, an operation or stay in hospital?

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