

Information for Carers

CHECKLIST FOR PREPARING FOR YOUR ASSESSMENT.

The following gives you an idea of the things you may like to think about before your assessment.

Do you and the person you are caring for live in the same house or do they live in their own home?

What sort of help do you provide?

- Bathing
- Toileting
- Dressing, washing or other personal care
- Shopping
- Laundry
- Providing meals
- Housework
- Paying bills / collecting pension
- Going to doctors / hospital
- Emotional support
- Keeping an eye on them

Do you provide help during the night?

Approximately how many hours a week do you provide care for someone?

Does the person you care for receive any other kind of help such as domiciliary care?

Do you receive support from family and friends?

How does your caring role affect you?

- When was the last time you had a whole day to yourself?
- Has your own physical or mental health been affected as a result of caring for someone? If yes, how?
- Has your work been affected as a result of caring for someone? If yes, how?
- Do you feel able to continue providing your present level of care?
- Do you feel you need help to continue to care? If yes, what help do you feel you need?
- Do you feel you need time out from your caring responsibilities?

Think about anything else you want to talk about that affects you in your role as a carer that you would like help with.