

Planning For Your Carers Assessments: Ask Yourself -

How much care I provide: Who I look after, the health and wellbeing of the person I look after and what I do. How many hours a week, on average do I spend in my role as a carer, including care during the night? What other family members also help with the caring role?

My Health: Think about any physical health problems or disabilities that impact on my ability to care. How do I view my health and emotional wellbeing? Do I think about my diet, how much sleep I get and do I have time for exercise? Is my GP aware of the impact of my caring role on my health? Have I discussed my options with my GP?

What support do I feel I need to meet my identified health needs: Do I need training on how to deal with the person I care for? Lifting and handling the person I care for etc? Do I have someone to listen to me or would emotional support help me? Are there equipment and adaptations that would help me in my caring role?

A life of my own: Do I encounter difficulties in participating in social and recreational activities or meeting other commitments? Do I feel isolated? Does my caring role interfere with any of these areas? How do I view my quality of life? Have I discussed flexible working & emergency plans with my employer? Do I feel confident to pursue things I want to do if my caring role ceased? Are there things I would like to be doing away from my caring role and what would help me do that? Am I able to pursue education, employment or religious and cultural aspects of life?

Confident in the future: Think about how confident I am in my ability to continue in my caring role in the future without additional support. What would happen in an emergency situation? Do I feel confident in the future if I am unable to continue to care? Are plans in place to ensure the person(s) I care for are supported?

Feeling valued and respected: Do I get recognition from the person I care for, my employer, my family and friends and my local community? Do I feel able to talk about my caring role and to discuss my feelings honestly and get the emotional support I need? Are my knowledge and views valued in my role as a carer, by other people, the person I care for and am I involved in planning as an equal partner? What do I feel will help me to feel valued and respected?

In Control: Am I listened to and feel involved in decisions about the person I care for that also affects my life? Am I involved in plans for the future? Am I happy that my caring needs are being met at the moment? Am I aware of the options available and the choices that I can make in my caring role, including decisions on continuing to care? Do I know how to access informal/emotional services?

What support do I feel I need to help me feel in control: Do I know who to turn to for further help with my caring role? Are there areas where I lack information about caring e.g. benefits, housing, health, advocacy, carer groups etc? Do I feel I am able to obtain information as and when I need it?

Carers Outcomes Wheel

We know the most important thing to you is that the person you care for has the best possible quality of life. We also know that your caring role can often leave you feeling anxious about the future and your ability to carry on caring.

The Carers Wheel may assist you to identify the areas that are important now and those you can work toward and gain in the future.

Red stop and think – these are the issues that are immediately important for you to be able to safely carry out your caring role

Green for go – these are important over time to enable you to maintain your caring role and your own health & wellbeing

