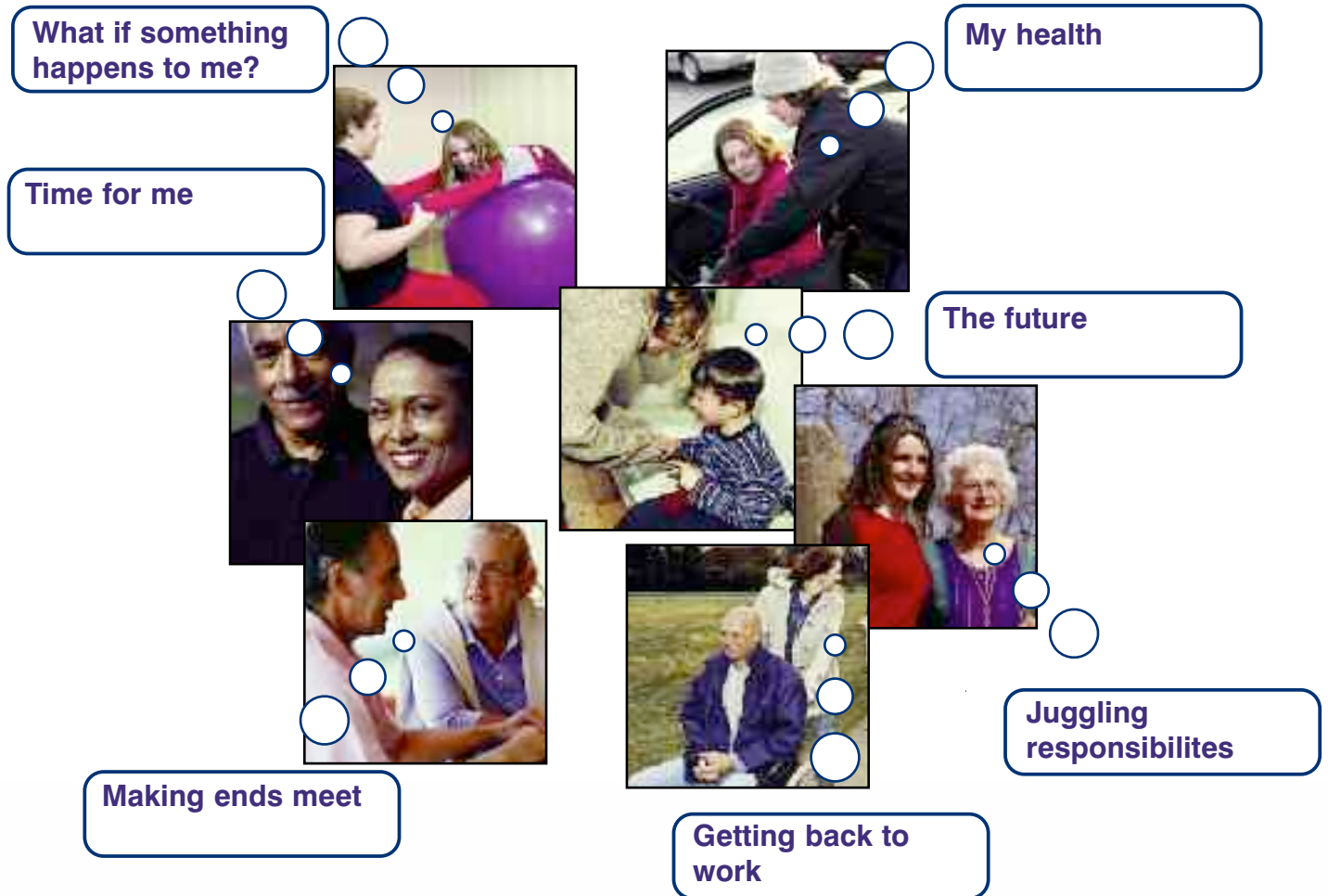




# Do you look after someone?

Sometimes helping to look after someone can affect your life. This self assessment form is to help you think about your own needs and concerns to make sure you get the maximum benefit from a carers assessment.



Looking after someone can mean helping a person to wash and dress or perhaps helping with their shopping and cleaning. You may be a friend, neighbour, wife, husband, partner, child or other relative of the person you care for. If you are providing more support than would be usual as a family member, friend or good neighbour, you are entitled to a carer's assessment and might be eligible for some support.

To help you to think about what you do and what support you might need, we have listed below the kind of things you may want to talk about or mention to your care manager or social worker when they visit. You might find it helpful to make notes in the space available.

## Things I want to talk about . . .

### **My health**

Physical health / my general mood and energy?

### **My time and my needs**

Things I want to do for me, but can't (e.g going to college / going to the cinema/having time for my cultural and religious needs).

### **Getting back to work / keeping my job**

What help do I need?

### **My responsibilities to others**

Who else do I look after? Has my relationship with my family and friends changed?



