

Carers' Assessment Form

for carers of people (aged 18-64) with mental health problems


"All individuals who provide regular and substantial care for a person on a Care Programme Approach should:

- ◆ *Have an assessment of their caring, physical and mental health needs, repeated on at least an annual basis*
- ◆ *Have their own written care plan which is given to them and implemented in discussion with them"*
[NHS National Service Framework for Mental Health, 1999, p69]

"Some people with mental illness will have care needs that vary over time. This does not mean that the needs do not present a regular and substantial burden for their carer, and should not be a reason for exclusion from the assessment and care planning process." [NHS National Service Framework for Mental Health, 1999, p71]

This form contains:

- **Carers' Needs**, for completion by you the carers, together with a professional.
- **Carers' Plan**, for completion with the care co-ordinator or other authorised person. It details the services required to meet your needs and how these will be provided.
- **Carers' Plan: Carers' Response**, for carers to complete the assessment process.

Bournewood Community and Mental Health 
NHS Trust

Surrey Hampshire Borders 
NHS Trust

positive
response to
mental illness 

Surrey Oaklands 
NHS Trust


SURREY
COUNTY COUNCIL
Social Services

Action
for
Carers
Surrey 

Carers' Needs

To be completed by the carers, together with a professional.
You may have an advocate, a carer support worker or another carer with you to help you.

About you <i>More than one carer can be included in this assessment. Where the carers' needs are very different – e.g. where parents and children share caring responsibilities – you may need separate assessments.</i>	About the person(s) with Mental Health Needs you care for
Your name(s):	Name:
Address:	Address:
Phone numbers:	Phone numbers:
Age(s):	Date of birth:
What is your relationship to the person you care for?	

Your circumstances	
How long have you been a carer?	
Are there other household members, including children?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are any of these people caregivers?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you care for more than one person?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you want a separate assessment about caring for these people?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Your other commitments <i>many people have other commitments outside of their caring role</i>	
<input type="checkbox"/> Paid work <input type="checkbox"/> Family (e.g. children) <input type="checkbox"/> Study / training <input type="checkbox"/> Voluntary work <input type="checkbox"/> Other	
Ethnic descent <i>Please tick only one box</i>	
<input type="checkbox"/> White <input type="checkbox"/> Black Caribbean <input type="checkbox"/> Black African <input type="checkbox"/> Black, other <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Chinese <input type="checkbox"/> Asian, other <input type="checkbox"/> Other <i>Please specify</i>	
Do you have any communication or cultural needs? <input type="checkbox"/> Yes <input type="checkbox"/> No	
<i>Briefly describe:</i>	

Caring role

Aspect of caring	How often?	Your comments
<p><i>Think about any help, support or encouragement you give with the following.</i></p> <p><i>Think about which parts of caring you find rewarding or positive, as well as what you find difficult.</i></p>	<p>1 = never 2 = sometimes 3 = often 4 = all the time</p> <p>Put a ring around the number</p>	<p><i>Including how this makes you feel and if you need support in this area</i></p>
<p>EXAMPLE <i>Managing finances</i></p>	<p>1 ② 3 4</p>	<p>A day or two before giro, sometimes hassled for money for ciigarettes.</p>
<p>Giving or monitoring medication</p>	<p>1 2 3 4</p>	
<p>Making sure the person is safe outside</p>	<p>1 2 3 4</p>	
<p>Make sure the person is safe indoors</p>	<p>1 2 3 4</p>	
<p>Dealing with crises</p>	<p>1 2 3 4</p>	
<p>Providing/getting transport</p>	<p>1 2 3 4</p>	
<p>Giving emotional support</p>	<p>1 2 3 4</p>	
<p>Getting through the night</p>	<p>1 2 3 4</p>	
<p>Dealing with other difficult behaviour</p>	<p>1 2 3 4</p>	
<p>Dealing with aggression, violence or verbal abuse</p>	<p>1 2 3 4</p>	
<p>Giving money</p>	<p>1 2 3 4</p>	
<p>Managing finances</p>	<p>1 2 3 4</p>	
<p>Practical tasks <i>e.g. shopping, cooking, housework, etc</i></p>	<p>1 2 3 4</p>	
<p>Advocating <i>speaking to DSS, GP etc. on behalf of cared for</i></p>	<p>1 2 3 4</p>	
<p>Support with socialising</p>	<p>1 2 3 4</p>	
<p>Personal tasks <i>e.g. dressing, bathing, toileting, lifting</i></p>	<p>1 2 3 4</p>	
<p>Support with mobility</p>	<p>1 2 3 4</p>	
<p>Other tasks</p>	<p>1 2 3 4</p>	
	<p>1 2 3 4</p>	
	<p>1 2 3 4</p>	

Your Needs

1. How to get help and advice

Many carers want to know what help and advice is available. This may include information and support groups, or how to find out about carers' rights. Such information should be easy to understand and available in your own language.

Is help and advice available to you?

Tick box

- A lot
 A little
 Not at all

Would you like help and advice?

Tick box

- Yes
 Unsure
 No

Is there anything you would like advice on or help with?

2. Information about care workers

Many carers want to know about the people providing treatment and care (for example, GPs, Care Co-ordinators, support workers, community psychiatric nurses, social workers, keyworkers, psychologists, psychiatrists, occupational therapists and so on). This may include information about who they are, what their roles and responsibilities are and how to get hold of them when they are needed.

Do you have this kind of information?

- A lot
 A little
 Not at all

Would you like to be better informed?

- Yes
 Unsure
 No

What areas would you like information on?

3. Information about mental illness and its effects

Many carers want information about the “condition” of the person they care for. This may include medical details, such as the diagnosis, symptoms of the “illness”, medication and side effects and how these are likely to affect peoples’ lives.

Do you have this kind of information?

- A lot
- A little
- Not at all

Would you like information?

- Yes
- Unsure
- No

What areas would you like information on?

4. Involvement in planning of treatment and care

Many carers want to be involved in decisions about treatment and care, and to have regular ongoing contact with staff.

Are you involved in decisions about treatment and care?

- A lot
- A little
- Not at all

Would you like to be involved?

- Yes
- Unsure
- No

What areas would you like involvement in?

5. Support for carers	
<p>Many carers want help and support to be available 7 days a week, 24 hours a day. In an emergency, people want help to be available there and then. Also carers often want to take a break from caring, and need to know the person they care for will be properly looked after while they do so. Many carers want training and advice about their role as carer (for example about their relationship with the person they care for, and how to deal with difficult situations).</p>	
Do you have help and support from services?	<input type="checkbox"/> A lot <input type="checkbox"/> A little <input type="checkbox"/> Not at all
Would you like help or support from services?	<input type="checkbox"/> Yes <input type="checkbox"/> Unsure <input type="checkbox"/> No
What areas would you like support with?	

6. Your own life	
<p>Many carers may want more time for themselves, to live lives of their own, and to be able to plan their own futures. It is important for carers to be able to work, train or study, pursue their own interests and have the opportunity for a life of their own.</p>	
Do you feel free to spend time as you would like?	<input type="checkbox"/> As much as I would like <input type="checkbox"/> Not as much as I would like <input type="checkbox"/> Much less than I would like
Would you like help or support in making time for yourself?	<input type="checkbox"/> Yes <input type="checkbox"/> Unsure <input type="checkbox"/> No
What areas would you like support with?	

7. Relationships with the person you care for

In general carers want to be able to stay on good terms with the people they care for although relationships between the carers and the people they care for can often become strained.

Is your relationship with the person you care for strained at the moment? Not at all
 A little
 A lot

Would you like help in maintaining a good relationship with the person you care for? Yes
 Unsure
 No

What areas would you like support with?

8. Accommodation

Do accommodation issues for the person you care for or yourself affect your ability to care?
If so, how do these affect you?

9. Family and friends	
In general carers want to be able to stay on good terms with family and friends although relationships between carers and their families and friends can become strained.	
Are you able to maintain satisfactory relationships with your family and friends?	<input type="checkbox"/> As much as I would like <input type="checkbox"/> Not as much as I would like <input type="checkbox"/> Much less than I would like
Would you like help in maintaining good relationships with your family and friends?	<input type="checkbox"/> Yes <input type="checkbox"/> Unsure <input type="checkbox"/> No
What areas would you like support with?	

10. Money	
Carers can find themselves under extra financial strain and may require help with their finances. This might involve information about benefits, help with filling in forms, or advice about dealing with demands for money from the people they care for.	
Are you experiencing financial hardship?	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> A lot
Would you like help in dealing with your financial situation?	<input type="checkbox"/> Yes <input type="checkbox"/> Unsure <input type="checkbox"/> No
What areas would you like support with?	

11. Work

There should be no assumption that carers will give up work to care. Carers who want to stay in work or return to work should be able to discuss what the options are.

Would you like advice about staying in work or the possibility of returning to work or training? Yes No

Would you like information on the effect working or undertaking training may have on any welfare benefits you receive? Yes Unsure Not applicable

What information or support about work or training would you be interested in?

12. Your well-being

Carers can experience a range of effects, both positive or negative and these can fluctuate from time to time on their well-being.

How well are you feeling? As good as I would like Not as good as I would like Much worse than I would like

Would you like help to improve the way you feel? Yes Unsure No

What areas would you like support with?

13. Stigma and discrimination	
<p>Carers should not be discriminated against for any reason, including race, culture, sexual orientation, religion, physical or mental disability or illness. Carers are often stigmatised either directly or as a result of discrimination against the person they care for. This can happen at home, at work, and elsewhere. It can come from mental health workers, the Police, or from other sections of the community.</p>	
Do you feel discriminated against?	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> A lot
Would you like help in dealing with discrimination?	<input type="checkbox"/> Yes <input type="checkbox"/> Unsure <input type="checkbox"/> No
What areas would you like support with?	

14. Risk and safety	
<p>Carers should not have to worry about their own safety, other family members or that of the person they care for.</p>	
Do you feel worried about your own safety, other family members or that of the person you care for?	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> A lot
Would you like help in dealing with risk or safety issues?	<input type="checkbox"/> Yes <input type="checkbox"/> Unsure <input type="checkbox"/> No
What areas would you like support with?	

There may be other issues, which are important to you, in addition to those the form has already asked about. Please use the space below or attach something on a separate sheet.

I/we give permission to share information in "Carers' Needs" with:	<input type="checkbox"/> GP <input type="checkbox"/> CPN <input type="checkbox"/> Social worker <input type="checkbox"/> Person being cared for	<input type="checkbox"/> Other please specify: <i>(e.g. carers' support worker)</i>	
<i>I understand that I can give information in confidence but that the risk of self or public harm may override this.</i>			
Name:		Name:	
Signature:		Signature:	
Date:		Date:	

The next step is for the assessor to consider the answers you have given. The assessor will discuss these with you and write the Carers' Plan with your involvement.