



## **PROMPT SHEET FOR CARER'S ASSESSMENT**

This prompt sheet is here to help carer or Care Manager think through what you might want to consider as part of the Carer's Assessment. When taking into account these prompts please give thought to not only how things are at present but how they may be in the foreseeable future.

**PREFERRED LANGUAGE** As well as being able to provide services for other languages please consider whether any other types of interpretation may be required.

Makaton sign language Deaf/Blind Manual

Hands on British sign Language

Electronic Communicator Other sign language

### **CARER'S VIEWS**

#### **1. Carers Role and Autonomy.**

- How do you see the current situation?
- Do you feel that you have a choice in caring?
- How willing are you to provide care? Are you willing to continue?
- Are there any children living at home? Are they undertaking a caring role? How are they affected by the situation?
- How is your relationship with the person you care for? Is it strained or has it become strained by the caring role?
- Do you feel that your role will get more extensive in the near future/next 4 months?
- Does your caring role undermine the relationship or other roles you have with the cared for person? e.g. being parent or breadwinner.
- Has caring impacted on your religious/cultural needs?

#### **2. Existing Support**

- Oxfordshire County Council, health professionals, friends, family, carers' centre, young carer's project worker, school/ college, other voluntary/private agencies.
- Are you able to take an uninterrupted break? How often?
- Do you get a break at appropriate times of the day/week?
- Do breaks give you time for yourself apart from daily living tasks?
- Who takes over when you're away?
- If things go wrong do you know how to complain?
- What would happen in an emergency if you were prevented from caring?
- Do you know who to contact in an **emergency**?
- **Are any plans in place?**
- Has the cared for person had an assessment by Oxfordshire County Council?

## **MANAGING DAILY ROUTINES**

### **3. Housing/Accommodation**

- Are there difficulties looking after your home and daily tasks such as shopping, cooking, cleaning etc.?
- Are there difficulties with transport or rural isolation?
- Are there accommodation issues for the person you care for such as adaptations needed or disrepair etc?

### **Finances**

- Do you support the cared for person financially?
- Is there financial hardship?
- Any problems with debt/rent or mortgage arrears?

## **HEALTH AND SAFETY**

### **4. Your Health and Safety**

- Do you have any major/minor health problems?
- Are you on medication/receiving medical treatment?
- Are you receiving treatment that affects your role as carer?
- Are you worried about your health?
- Are you worried about your safety or that of the person you care for?
- Is there a risk to your health from your caring role? Do any of the tasks put you or the cared for person at risk?
- Do you need help dealing with the risk?
- Do you find the caring role tiring?
- Are you getting enough sleep?
- Is your GP supportive in your caring role?
- Is your GP aware that you are a carer?
- Do you have any concerns about antisocial behaviour in public?

### **Your emotional well-being**

- Do you have emotional support?
- Are you feeling low or worried?
- Is stress, anxiety or depression present?
- Do you have any other mental health concerns?
- Does your caring role affect your other relationships?
- Are there other pressures on you or your family?

## **INVOLVEMENTS**

### **5. Employment, Education, Training and Leisure activities**

- What impact does caring have on your work/education or training?
- Is there a risk that caring will affect these commitments?
- Are you having to give up your work, education or training because of your caring commitments?
- Do you wish to continue or return to work education or training?
- Have options been explored or do you need more information?
- Is your employer/school aware of your caring role? Are they supportive?

### **Breaks, social life and wider responsibilities**

- Are you able to keep up with hobbies and friendships outside the caring role?
- Do you get a chance to go on holiday with or without the cared for person?
- What other responsibilities do you have outside of caring?
- Does balancing these create any problems?
- Do you have problems with pets?

## **OUTCOMES**

### **6. What would help?**

- What further information would be useful for yourself or the person that you care for i.e. Health advice, support, etc?
- Do you have information you need about other services?
- Activities for the person you care for.
- Someone to take over to give you a short break?
- Would you like to know about day-care?
- Would you like the cared for person to have respite away from home?
- Would you like to look into full time residential options?
- Do you need information on housing advice such as re-housing/ house renovation/ equity release etc?
- Do you need someone to talk to?
- Are you aware of support groups/carers advocacy that could help?
- What would happen in an emergency, or if you could no longer care?
- Do you need to speak to someone about dealing with risk?
- Do you need advice on benefits or Court of Protection?
- Is there a need for specialist equipment such as hoists/ adaptations to the house?
- Do you need advice for other family members?
- If you have Internet access would it be helpful to have some website addresses?
- Training or information on household duties such as cooking, finance etc.?
- Training or information on health issues such as manual handling?

## **ETHNICITY**

Please consider the following categories and then select the one that you feel best describes your ethnic group.

Asian or Asian British any other Asian background	Black or Black British any other Black background	Mixed or any other mixed background
Asian or Asian British Bangladeshi	Black or Black British African	Mixed White and Asian
Asian or Asian British Indian	Black or Black British Caribbean	Mixed White and Black African
Asian or Asian British Pakistani	Chinese	Mixed White and Black Caribbean
White any other background	White British	White Irish
Any other ethnic group	Not given	

## **INFORMATION ON THE COLLECTION OF ETHNIC GROUP DATA**

### **WHY DO WE NEED ETHNIC MONITORING?**

In order to ensure we are providing a service that meets the needs of the local population we need to:

- Find out who is using our services,
- Find out whether our services are accessible to everyone who needs to use them,
- Identify which groups are under-using or over-using particular services,
- Stimulate and guide staff response to the varied customs, beliefs and needs of different ethnic groups.

### **HOW HAVE CATEGORIES BEEN SELECTED?**

- These classifications are based on the ethnic group categories used in the 1991 Census, allowing comparison with Census data.
- In Oxfordshire from 1 April 1995, all Oxfordshire County Council clients have been asked for their ethnic group. This information will be recorded in line with the 1991 Census question to make data collection consistent.

### **WHO WILL SEE THIS INFORMATION?**

- Information on an individual's ethnic group is **STRICTLY CONFIDENTIAL**.

### **HOW DO I ANSWER THE ETHNIC QUESTION?**

- Firstly it is important to note that everyone has an ethnic group and can answer the question.
- Using the prompt sheet please indicate the ethnic group category to which you feel you belong.