


## Carer's Checklist

We've created a checklist which you may find useful as a new carer.

- Take your time to look through each section
- Some suggestions may be more relevant to you than others
- You may want to revisit different sections at a later date

If you would like support with completing any section please contact a member of staff.


Your Wellbeing		
Activity/Things to consider:	Contact:	
Register as a carer with your GP		
Register with your local authority carer support group		
Complete a Carers Emergency/Contingency Plan		
Consider having a Carers Assessment		
Attend a Carers Support Group		
Consider being part of a Focus Group (to share your views & help contribute to service development)		
Consider how to make time for yourself		
Identify your support network (friends/family) and speak to them about how they can help		
Are there any young carers in the household? Identify and signpost to specialist support e.g. Family Action		

## Legal & Money Matters:


Activity/Things to consider:	Contact:	
<p>Check if you and/or the person you support are eligible for any benefits. E.g. Attendance Allowance, Carers Allowance, Council Tax discounts.</p>	<p><a href="http://ageuk.org.uk/information-advice/money-legal/benefits-entitlements/">ageuk.org.uk/information-advice/money-legal/benefits-entitlements/</a></p>	
<p>Consider completing Lasting Power of Attorneys (Health &amp; Finance - for yourself and the person you support)</p>	<p><a href="http://ageuk.org.uk/information-advice/money-legal/legal-issues/power-of-attorney/">ageuk.org.uk/information-advice/money-legal/legal-issues/power-of-attorney/</a> or <a href="https://www.gov.uk/power-of-attorney">https://www.gov.uk/power-of-attorney</a></p>	
<p>Check your insurance policies (travel, health, life etc). Make sure you declare what needs to be declared so policies are not voided by accident.</p> <p>Can you claim any support under any of your insurance policies?</p>		
<p>Consider whether you/the cared for person needs to declare to the DVLA any change in their health/wellbeing?</p> <p>Consider any issues around driving and what support might be needed in the future</p>		

## Knowledge & Skills:

[Information will vary – suggestions for illustrative purposes only]

Activity/Things to consider:	Contact:	
<p>Identify if any training exists to help you understand the person you care for condition</p> <p>Search for local recovery colleges or national programmes for carers e.g. Carers UK resources</p>		
<p>Visit charity websites related to the patient's condition for additional information</p> <p>Ask the service to suggest some resources.</p>		
<p>Attend any specific training if available e.g. Carers Understanding Dementia Course</p>		

## Support & Resources:

Activity/Things to consider:	Contact:	
<p>Introduce yourself to your Care Co-Ordinator (if applicable) or key contact within the multi-disciplinary team e.g. nurse, therapist, social worker etc. Add contact details to the checklist.</p>		
<p>Identify the Social Services out of hours contact</p>		
<p>Sign up to any service Newsletters (if applicable)</p>		
<p>Attend Carer Forum or Support Group (if applicable)</p>		
<p>Contact utility companies to advise you are a carers as you may be eligible for some benefits. Contact your utility supplier for advice.</p>		
<p>Request Free Home Fire Safety Check (through Royal Berkshire Fire &amp; Rescue Service)</p>		
<p>Consider any home adaptations e.g. handrails, stair lift, ramps, lifeline pendants, medication dispensers etc.)</p>		
<p>Helpful websites for mental health &amp; wellbeing may include:</p> <p><a href="http://berkshirehealthcare.nhs.uk/wellbeing-service">berkshirehealthcare.nhs.uk/wellbeing-service</a></p> <p><a href="http://talkingtherapies.berkshirehealthcare.nhs.uk">talkingtherapies.berkshirehealthcare.nhs.uk</a></p>		

If you have any feedback or suggestions to improve our Carer Checklist

**Email** FriendsFamilyCarers@berskhire.nhs.uk