



Adult Carer Support Plan Guidance Notes

Dumfries & Galloway

DO YOU LOOK AFTER SOMEONE?

A Carer is someone of any age who provides support to a family member or a friend who is affected by long term illness, disability, age or addiction.

You may not see yourself as a Carer. You may feel that you are simply looking after your partner, child, relative or friend. However, one in six people are Carers and may require information and support to carry out this role.

This is a guide to completing the Adult Carer Support Plan and it follows the layout of the Adult Carer Support Plan throughout the document.

The aim of Carer support planning is to find out what impact caring responsibilities have on a Carers life and aims to support the Carer in their caring role by trying to provide solutions to identified areas of concern. In the past, this document has been referred to as a Carers Assessment.

Support planning should be about practical and emotional support that is outcomes focussed and about making a difference. Planned action should encompass resources from the community, the Carer, the Carers network as well as other support services.

Carers support planning does not have the intention of judging a Carers ability to care or the way in which a Carer carries out their caring role, it is about ensuring that the Carers needs are being taken into account.

This support plan looks at 7 areas of a Carers life, their caring role, how they feel, time for them, their health, how they manage at home, their finances and their work situation.

Completing a Carer Support Plan is entirely up to the Carer. They can complete the form with help from a person or organisation of their choice (Route 1) or by themselves (Route 2) – see the 'Carers Pathway – Process Flow' for further information.

In the following pages there are guidance notes for each section of the plan, feel free to use them as a guide to completing the plan.

The Carer Support Plan can be completed by the Carer their own but if they would like some help, they can phone Dumfries & Galloway Carers Centre on 01387 248600 and they will be allocated a Carers Support Worker from the most appropriate support service.

This Carer Support Plan will enable the Carer to tell us about their needs as a Carer, either now or in the future. If the Carer already receives services but feels they would like more help or their circumstances have changed, please complete this Carer Support Plan and return it to:-

Dumfries & Galloway Carers Centre
FREEPOST SC01597
DUMFRIES
DG1 2PW



A Carers Support Worker will be allocated to the Carer and will be in touch within 28 days.

If English is not the Carers first language or if the Carer has a hearing or visual impairment, please let us know and we will ensure that they are supported during the completion of this Support Plan.



Carers Trust Triangle Consulting Social Enterprise Ltd | www.outcomestars.org.uk
The Star Chart must be used with the Scales and workers trained by a licensed Star trainer

1. YOUR CONTACT DETAILS

Please complete this section as fully as possible. It is important that we have your details in order to contact you about your plan for us to achieve the best outcome possible.

2. YOUR CURRENT SITUATION

Please help us to understand how you feel your situation is at the moment. Who do you look after, what you do for them, how much care do you provide for them?

Name of person/s you care for (Person 1) & (Person 2)

Please complete the details of the person/persons whom you look after. Please note that this information helps us to fully understand your current situation.

3. HOW MUCH CARE DO YOU PROVIDE?

Person/s 1 & 2

It may be difficult but please try and estimate how many hours in a week you actually spend looking after the person/s you care for.

4. WHAT OTHER SUPPORT DOES THE PERSON / PERSONS YOU CARE FOR RECEIVE?

Please tell us about other support that the person/s you look after receives. For example, this could mean that they attend a day centre or a child gets support from Quarries. Please tell us about support the person you look after receives as well as the support you give to them.

5. YOUR CARING ROLE

This section reflects your role as a Carer. It is about having the skills, understanding, support and equipment you need to manage now and information about your options when things change. Ask yourself what could change and how can things be better. Please tick which box you feel matches where you are at the moment.

6. WHAT SUPPORT DO YOU FEEL WOULD MAKE A DIFFERENCE?

If something could be done to make your situation better for you, what would it be? How could someone help? What could help you and your situation? In this section please try and let us know what you think could help to make your situation better.

7. HOW YOU FEEL

The Carers Centre is trying to understand your emotional wellbeing and how you manage any stress or anxiety arising from your caring role. You can mention whether you feel supported, any difficulties in relation to the person/s you care for or other relationships such as with a partner, children or other family members. Ask yourself what could change and how can things be better. Please tick the box which you feel best matches how you are currently feeling.

8. YOUR HEALTH

This section aims to cover your physical and mental health and any risks to you or the person/s you care for as a result of your health and fitness. It is also about staying well – getting regular check up's, eating well, taking regular exercise but could also be about other things eg: not drinking too much alcohol, avoiding smoking and making sure that you get enough sleep. Ask yourself what could change and how can things be better. Please tick the box which you feel best matches your current health and wellbeing situation.

9. ABOUT YOUR RELATIONSHIPS

Please think about if you feel that being a Carer has affected your relationship with the person you care for. Think about in what way this is and also the bigger picture. Has your caring role affected relationships with other members of your family or wider circle of friends because you don't have time to meet with them like you used to do? Try and let us know how you feel about this

10. A LIFE OF YOUR OWN

Please try and explain if you feel that you still have a life of your own out with your caring role. Do you still have the opportunity to pursue things that you would like to do for yourself? Let us know what you would like to pursue but maybe haven't got the opportunity to try.

11. MANAGING AT HOME

Think about day to day tasks such as shopping, cooking, cleaning and hygiene. You also need to consider the suitability of your home or that of the person/s you care for and whether this supports you in your role as a Carer. Perhaps there are aids and adaptations needed or other safety concerns. Ask yourself what could change and how can things be better Please tick the box which you feel best fits how you are managing at the moment.

12. TIME FOR YOU

We would like you to think about having breaks and some time for yourself rather than you being completely defined by your caring role. Think about the amount of time you spend with other people or engaged in other activities and if you manage to get to do things that are just for you. Ask yourself what could change and how can things are better and do you have time for yourself? Please tick the box which you feel best reflects this.

13. YOUR FINANCES

We would like you to describe the effect that being a Carer has had on your financial situation, this may help us to maximise your income from pension and/or benefits. It is also about how you are managing with the money you already have and any legal matters related to caring for someone such as Power of Attorney and dealing with banking issues. Ask yourself what could change and how can things be better. Please tick the box which you feel best describes your financial situation.

Benefits Received	Carer	Cared for
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Please let us know the benefits you and the person/s you look after receive. This can help us to check that everyone concerned is receiving everything that they are entitled to.

14. WORK

If you are retired or a full time Carer who doesn't want or isn't considering full time work then simply place yourself at '5'. This section is for people who are currently in work or wanting to get back into paid work. This section covers support within work, returning to work after caring, your legal rights and training or volunteering as a route to getting back to paid employment. Ask yourself what could change and how can things be better. Please tick the box that you feel best describes your current situation.

15. IN CONTROL

We are asking you if you feel in control of your current situation. Have you got any plans in place should an emergency situation arise? Have you considered emergency planning? Please let us know your thoughts on these issues and if you also feel if you have control over other areas in your life such as education, leisure and accessing other services.

16. FEELING VALUED AND RESPECTED

Please consider who you could turn to if you needed someone to talk to. Is your opinion respected? Do you feel listened to and your opinions valued? Try and let us know who you value support from and who understands how you are feeling.

17. THE FUTURE

Ask yourself if you feel confident enough to continue in your caring role and would you like to discuss this further. It is also ok to talk about not wanting to continue in your caring role.

18. WHAT ARE YOUR HOPES AND DREAMS?

This is a personal statement, do you have any hopes and dreams either for yourself or the person/s you look after.

19. ADDITIONAL INFORMATION

Please let us know anything you feel we haven't asked you or anything else that you would like us to know.

Have you been informed of what benefits and concessions you may be entitled to as a Carer? Such as a Cinema Card, Taxi Card or Companion Card?

Information for you on benefits and concessions available to you as a Carer.

Would you like to be referred for a Carers benefits/concessions check?

Would you like to know more about this?

CARERS EMERGENCY CARD

As a Carer you are entitled to receive a 'Carers Emergency Card' that you can carry with you. This will tell Emergency Services or others that someone depends on your care should you be involved in an emergency. Please let us know if you would like a card issued to you.

Signposted to...

Referred to...

Reason...

This is for the Carers Centre to record who you have been signposted to or referred on to.

CONSENT

Please read this section fully so that you understand the importance and purpose of sharing information. All information we hold is in accordance to the Data Protection Act. Please remember to sign and date your Adult Carers Support Plan and also remember to let us know if your situation changes so that we can update your information.

If you require any further information in regard to the completion of this Adult Carers Support Plan, please contact Dumfries & Galloway Carers Centre on 01387 248600 or at info@dgalcarers.org

