

## About You

How old are you?

Where do you live?

- City,
- Town,
- Village or rural area

Do you help someone in your family?

Do you help anyone else?

Who do you help and how old are they?

Do you live with the person you help?

How many people do you live with?

## Help You Give

What help do you give your relative?

### Practical Examples:

- Preparing to make and cooking food
- Making or carrying hot drinks
- Wash or wipe up dishes
- Washing or dressing your relative
- Getting up in the night to help your relative
- Gardening
- Shopping
- Housework
- Make the bed
- Help with money
- Help to sort out and remind to take medicine
- Lifting and carrying things
- Visit your relative in a home or hospital

## Emotional Examples:

- Being a friend
- Talking with your relative
- Spending time with your relative
- Speaking up for your relative
- Being with them when they are stressed or upset

What jobs do you find hard?

## Help You Get

**Do you have friends and family who help you out?**

**Are you able to talk to them about how you feel?**

**Does your social worker, support worker, community nurse know about your caring role?**

**Have you had an assessment of your needs about how you care for your relative?**

**Does your relative use a day service?**

**Does your relative have home help?**

## Breaks

How do you have time apart from your relative?

- Do you work/have a job?
- Get breaks?
- Have holidays without your relative?

How much time do you get to spend apart from your relative?

What do you enjoy doing?

Do you get time to do the things you enjoy?

Would you like more breaks, rests or holidays away from helping your relative?

## About Caring

How do you feel about the things that you do for your relative?

Is there someone you can speak to about the things that worry you?

- Professional person
- Friend
- Family member

Do you think they understand you?

Are you in good health?

- Do you feel alone in your role
- Do you worry about what you do
- Do you feel depressed

Do you feel your health affects the help you give to your relative?

## The Future

What would you like to do in the future?

Have you and your relative discussed the future?

Have you talked about what happens in an emergency with your relative?

Is there anything you can think of that you need to help you in your caring role?

Would you like to talk to someone more about this?

Who would you like it to be?

- Professional person
- Keyworker/ support worker
- Community nurse