

# CARERS SUPPORT PLAN/REVIEW

The purpose of the Carers Support Plan is to give you as a carer the opportunity to identify the areas of your life that have been affected by your caring role; to examine how caring impacts on your ability to lead a healthy and balanced life; and to identify ways to improve your well-being and make plans for the future. The Carers Support Plan will help you to identify the information you need to be better supported in your caring role.

<b>CARERS DETAILS</b>	TITLE:	FIRST NAME:	SURNAME:
Gender:	Date of Birth:	Ethnicity:	
ADDRESS:		TOWN:	POSTCODE:
TELEPHONE NO. (Work/mobile)	TELEPHONE NO. (Home)	E-MAIL:	
RELATIONSHIP TO CARED FOR PERSON:		COMMUNICATION SUPPORT REQUIRED FOR CARER (Please provide details)	
<b>For Office Use Only:</b>			
SWIFT/AIS No:		CHI No.	


## About Me

Please provide some background information about **you and your role as a carer** that you wish to share with service providers. This is to help others understand what is important to you as an individual.

<b>What care do you provide at the moment? (Please circle)</b>		<b>How often do you provide this care?</b>		
Personal Care	<b>Yes/No</b>	<b>Daily</b>	<b>Weekly</b>	<b>Monthly</b>
Help with bills/finance	<b>Yes/No</b>	<b>Daily</b>	<b>Weekly</b>	<b>Monthly</b>
Practical Support (e.g. Shopping/Housework/Transport)	<b>Yes/No</b>	<b>Daily</b>	<b>Weekly</b>	<b>Monthly</b>
Other (please detail)	<b>Yes/No</b>			
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# 1 Quality of Life

Think about your health & wellbeing: having a life of your own; and having a good relationship with the person you care for.

<b>What is working well for me?</b>		
<b>What would a good quality of life look like for me?</b>		
<b>I think my quality of life just now is:</b>		
		
<p>I have a very poor quality of life</p> <p>I have an excellent quality of life</p>		
<b>Actions required to improve my quality of life</b>	<b>Person Responsible for the action</b>	<b>Action by date</b>

## 2 Managing the Caring Role

Think about the extent you want to continue caring: do you feel you are equipped, in terms of information, skills and equipment, to continue caring; satisfactions and stress of caring; being involved in decision-making by services; willingness to continue to provide care.

What is working well for me?

What I need to be able to manage my caring role better is...

I think my ability to manage my caring role just now is:



I am unable to manage  
my caring role

I have no difficulties  
managing my caring role

**Actions required to assist me in managing the caring role.**

**Person responsible  
for the action**

**Action by date**

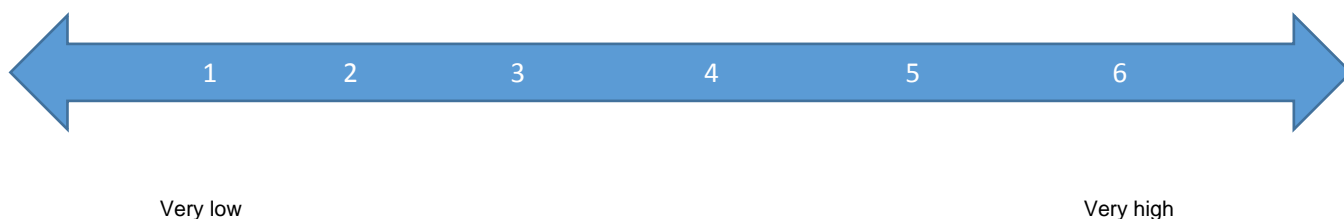
### 3 How you are valued by Services

Think about how your expertise on the needs of the cared for person are recognised: how your views are taken into account by services; how services recognise your needs as a carer; your access to services; having a positive relationship with staff.

What is working well for me?

What needs to improve for me to feel more valued by services?

I think the extent to which I am valued by services just now is:



Actions required to help me feel more valued by services.	Person responsible for the action	Action by date

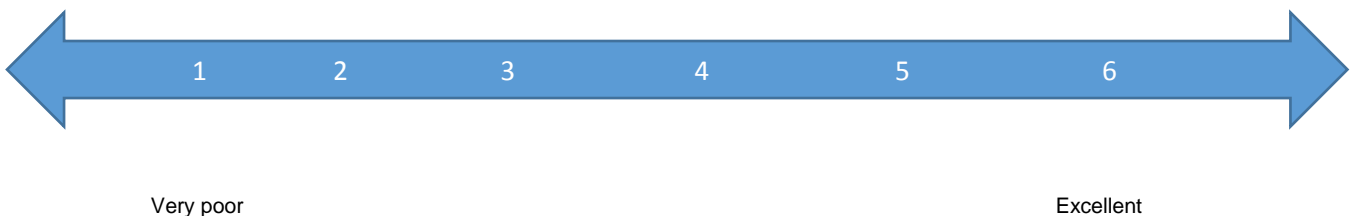
## 4. Planning for the Future

Think about the things you may need to do in order to plan for the future: plan for emergencies; accommodation (housing and adaptations); manage change (transitions); social care supports/services; anticipatory health planning with a GP for the person you care for; sustain employment/education; consult a solicitor about legal matters including Power of Attorney, or Guardianship (Welfare & Financial).

What planning have I done?

I need to improve planning for the future in the following areas.....

I think where I am at with planning for the future is....



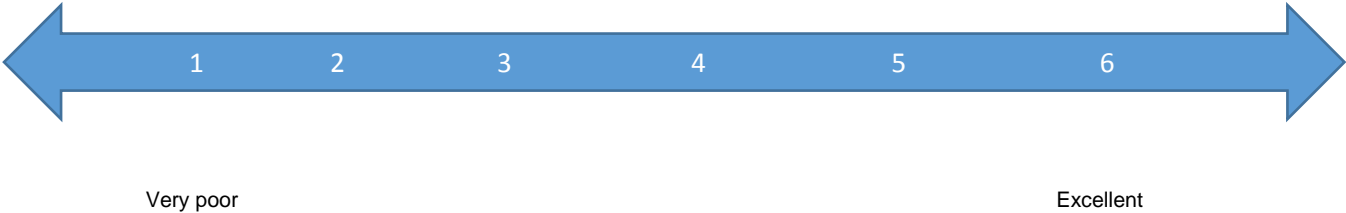
Actions required to improve planning for the future.

Person responsible for the action

Action by date

## 5. Finances and Benefits

Think about access to information about benefits entitlements and other financial advice.

<b>What do I know about benefits and finances?</b>		
<b>I need to find out more about finances and benefits in the following areas.....</b>		
<b>I think where I am at with action on finances and benefits is....</b>		
		
<b>Actions required to access information about benefits and finances.</b>	<b>Person responsible for the action</b>	<b>Action by date</b>

## Your Caring Role

Do you feel able and willing to continue in your caring role?

**YES/NO**

[If 'No' what requires to be done to support you?]:

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## Data Protection Act 1988

If you choose to submit this form to Fife Council the information provided by you on this form will be held by Fife Council for the purpose of assisting you as a carer. As part of this process, the Council may share statistical returns with the Scottish Government for the purposes of research.

All use and storage of personal information will be in accordance with the Data Protection Act 1998. Further information is available on the Council's website [www.fifedirect.org.uk](http://www.fifedirect.org.uk)

If you have been supported by a professional worker to complete this form please provide their details:

**Practitioners Details:** \_\_\_\_\_

OR

**Agency Details:** \_\_\_\_\_

I confirm that the information contained in this form is correct to the best of my knowledge.

**Carer Agreed with Support Plan/Review**

**YES/NO**

**Carer's Signature:** \_\_\_\_\_

**Date Support Plan/Review Completed:** \_\_\_\_\_

## Review

**Review Offered:**

**Accepted/Declined**

**Review Date:** \_\_\_\_\_

**Review Arrangements:** \_\_\_\_\_

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## Support Links

The following provide information about support that are available for both the Carer and Cared for Person in Fife.

- Fife Carer Centre, 157 Commercial Street, Kirkcaldy – **01592 205472** or [centre@fifecarers.co.uk](mailto:centre@fifecarers.co.uk)
- On Your Doorstep – [onyourdoorstepfife.org.uk](http://onyourdoorstepfife.org.uk)
- Fife Direct – [fifedirect.org.uk](http://fifedirect.org.uk)
- Health and Social Care (Contact Centre) – **03451 551503**