Information for friends, family and carers

NHS
Berkshire Healthcare
NHS Foundation Trust

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 wish to revisit different sections at a later date
- Ask our staff if you've got any questions or need support.

ⓘ Your Wellbeing

Things to consider	Source of information	Add specific contact details	✓
Register as a carer with your GP	Telephone, email or check your surgery's website for more details.		
Register with your local authority carer support group Consider attending a Carers Support Group	Telephone, email or check the relevant local authority website. They will have a carer information or support page including links to local groups and/or carer organisations. We have links to all the local authority pages on our website.		
Complete a Carers Emergency/Contingency Plan	Carers UK have details on their website about how to create an emergency plan. carersuk.org/help-and-advice/practical-support/creating-a-contingency-plan/		
Consider having a Carers Assessment	Contact your local authority to ask about a Carers Assessment		
Consider how to make time for yourself to support your own wellbeing	You may wish to contact our wellbeing service for more advice and support. Call 0300 365 2000 berkshirehealthcare.nhs.uk/wellbeing-service		
Identify your support network (friends/family) and speak to them about how they can help			

ⓘ Legal & Money Matters

Things to consider	Source of information	Add specific contact details	✓
Check if you an/or the person you care for are eligible for any benefits e.g. Attendance Allowance, Carers Allowance, Council Tax discounts etc.	Most charities and local authorities have details about benefits and entitlements. e.g. Age UK ageuk.org.uk/information-advice/money-legal/benefits-entitlements/		
Consider arranging and completing Lasting Power of Attorneys – there are two types – Finance and Property and Health and Welfare	Visit the government website to learn more. powerofattorney.campaign.gov.uk/what-is-an-lpa/		
Check your insurance policies (travel, health, life etc). Make sure you declare what needs to be declared so policies are not voided by accident. Can you claim any support under any of your insurance policies?			
Consider whether you/the cared for person needs to declare to the DVLA any change in their health/wellbeing? Consider any issues around driving and what support might be needed in the future	gov.uk/health-conditions-and-driving		
Contact utility companies to advise you are a carer as you may be eligible for some benefits.	Contact your utility supplier for advice		

ⓘ Support & Resources

Things to consider	Source of information	Add specific contact details	✓
Introduce yourself to the cared for person's named worker or key contact within the multi-disciplinary team e.g. nurse, therapist, social worker			
Identify out of hours contact details for social services or any teams supporting the person you care for	Ask the team supporting the person you care for.		
If applicable, sign up to any relevant newsletters to keep informed about local services.			
Consider being part of any focus groups or forums (to share your views to help contribute to service development)			
Consider whether there are any young carers in the household. Seek specialist support as appropriate.	Local authorities provide or commission support for young carers. Visit their websites for more details.		
Request free home fire safety check (through Royal Berkshire Fire & Rescue Service)			
Consider any home adaptations e.g. handrails, stair lift, ramps, lifeline pendants, medication dispensers etc.	Speak to the team supporting the person you care for to learn more.		
Identify if any training exists to help you support and understand the condition of the person you care for	Depending on the conditions some services offer specific training to support carers e.g. Understanding Dementia course. Alternatively, you could find additional information from charity and NHS websites nhs.uk/conditions/		