

**Newham Community Neurology Team**  
**INFORMAL CARERS NEEDS CHECKLIST**

The aim of this checklist is to help us identify in partnership with you, any areas of support you require in your role and needs as a Carer.

Community Stroke Service User:  Declined to complete Questionnaire:

Community Neurology Service User:  Reason if Given:

| YOUR NEEDS AS A CARER   | Yes/No | What would help you? | Action and by who?<br><i>(To be completed by staff)</i> |
|---|--------|----------------------|---|
| <b>Emotional Support – would you benefit from</b>   |        |                      |   |
| Help to deal with or talk about the emotional aspects of caring?  |        |                      |   |
| The opportunity to discuss the future of the illness with regard to your relative/loved one?  |        |                      |   |
| <b>Managing Care – would you benefit from</b>   |        |                      |   |
| Information with regard to your relative/loved ones illness and its effects?  |        |                      |   |
| Information or guidance on how to manage and give medication?   |        |                      |   |
| Support in managing symptoms of pain?   |        |                      |   |
| Support in dealing with your relative/loved ones behaviour, and/or emotional distress?  |        |                      |   |
| Support with your relative/loved ones dietary and nutritional needs?  |        |                      |   |
| Advice with any communication issues with your relative/loved one?  |        |                      |   |
| Guidance on how to move, handle and position your relative/loved one?<br>For example; hoisting or other methods of moving the patient; and/or sitting up in a chair, bed or wheelchair. |        |                      |   |

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| Information on managing pressure care?   |  |  |  |
| Help and guidance on how to manage falls?  |  |  |  |
| Support for managing swallowing difficulties?  |  |  |  |
| Advice on managing and attending medical appointments for your relative/loved one?   |  |  |  |
| Advice and guidance on how to carry out tasks such as: stretching, exercises, walking practice; and activities to improve independence?      |  |  |  |
| Support and advice for accessing other specialist health services such as: Community Dentists, Community Opticians, Wheelchairs, Foothealth. |  |  |  |
| <b>Your Health – would you benefit from</b>  |  |  |  |
| Support with any worries and concerns about your own physical health?  |  |  |  |
| <b>Carers Support – would you benefit from</b>   |  |  |  |
| Information about sources of support for carers including the Local Authority Carers Assessment, and/or the voluntary sector?                |  |  |  |
| A break from caring for your relative/loved one? Would you like to discuss respite care?   |  |  |  |
| Advice relating to finance and benefits?   |  |  |  |
| Advice and support related to leisure and social activities; and/or employment?  |  |  |  |
| <b>Any other support</b>   |  |  |  |
| Are there any other areas of support you would benefit from not listed?  |  |  |  |