

**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? <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? For example; hoisting or other methods of moving the patient; and/or sitting up in a chair, bed or wheelchair.			

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?			