

Carers Star™ Scales

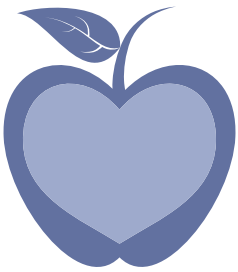
The Outcomes Star for people caring for others

In each of the seven questions, circle the description that best fits for you now.

1 cause for concern 2 getting help 3 making changes 4 finding what works 5 as good as it can be

1 Health

Managing physical and mental health; healthy lifestyle; doctors and other health services



- 5 I am healthy enough and look after my health well
- 4 My health and lifestyle are mostly OK but there are a few changes needed
- 3 There are no immediate concerns but I need to look after my health a lot better
- 2 My health is poor or at risk. I have some support with this
- 1 My health is poor or at risk. There is no support available or it wouldn't help

2 The caring role

Skills; understanding; practical caring; legal issues; planning ahead; communicating with professionals



- 5 I mostly have the skills, understanding and information I need and can plan ahead
- 4 I have a good idea about my caring role, but still would like to learn more
- 3 Things are difficult but I'm starting to get to grips with my role
- 2 I'm finding it hard to cope. I get some support but am not confident it'll really help
- 1 It's hard. I don't know if I can carry on as things are or how anyone could help

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3 Managing at home

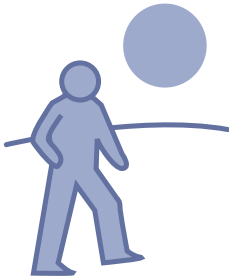
Day-to-day tasks and the suitability of your home – or that of the person you care for if you don't live with them



- 5 Our/their home is suitable and we can manage day-to-day tasks well enough
- 4 Mostly we can manage day-to-day tasks at home but some areas need to be addressed
- 3 We're getting by but it's hard to stay on top of day-to-day tasks or changes are needed to our/their home
- 2 We're not coping with many of the day-to-day tasks or our/their home isn't suitable. I'm getting help to sort this out
- 1 We're not coping with many of the day-to-day tasks or our/their home isn't suitable. There's no support available or it wouldn't help

4 Time for yourself

Social life; activities; breaks from hands-on caring



- 5 Things are as good as they can be. I have breaks and balance caring with other things
- 4 I have some time for myself, and some activities or social life outside my caring role, but things could be better
- 3 I'm trying to get some time for myself, and some activities or social life outside my caring role, but it's difficult and often doesn't work out
- 2 Caring has taken over my life but I'm getting some help to see if I can change this
- 1 Caring is my whole life. I can't see how it could be any other way

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