

# Carers' Self-review

SELF-REVIEW FORM

Name:

Contact number:

Address:

Date:

*As carers we tend to forget ourselves and any health issues we may have, but from time to time we need to check in and make sure we are doing okay too. With that in mind, we are asking you to fill in this Carers Self Review Form which you can post back to us at our usual address : Trafford Carers, Springfield House, 9 Springfield Rd, Sale, M33 7XS.*

How are you? Has anything changed since we were last in contact with you?	
Are you currently receiving any support from family/friends/services? What support do they offer?	
How is your own health? Are you stressed, depressed, or anxious? Are you receiving any treatment / on any medications?	
Are you able to have a break? Social life?	
Can you leave the person you care for and for how long? Typically how many hours of care does the person you care for need a day?	
Are you managing okay financially? Do you have savings or receive any benefits? Please contact Trafford Welfare Rights for help on <b>0161 912 2735</b> (Mon –Thurs 9.30am to 12.30pm).	
Do you have any other responsibilities? i.e. Children, work, in education?	
Has your caring role affected your relationship with the person you care for or others?	

Please tick this box if you would like a caseworker to call you about your completed self-review form.

YES NO

I give consent for the above information to be uploaded on to my file, in-line with Trafford Carers Centre privacy policy.