

Name:

Contact number:

Address:

Email:



Please email completed forms to: [helpline@traffordcarerscentre.org.uk](mailto:helpline@traffordcarerscentre.org.uk)

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

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.