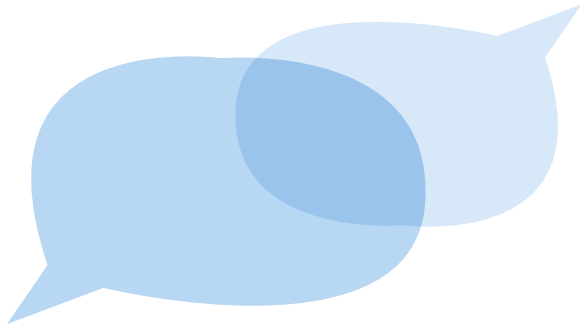


Carer support planning toolkit



A set of tools to help you develop your Carer Support Plan



Carer support planning toolkit

Welcome to the Carer support planning toolkit, a collection of tools to help you to develop your Carer Support Plan. Each tool goes with a section of the Support Plan. By working with the tools first, you may find it easier to complete the plan and ensure that you have had time to reflect on what would be best for you. You don't need to use every tool- pick the ones that you find more relevant.

Section 1	Quality of Life Change	Conversation Starter Important To Important For Good Day Bad Day Circles of Support
Section 2	Carer's Support plan	Traffic Lights: My Outcomes
Section 3	Emergency Planning	My Carers First Aid Kit

Traffic Lights: Conversation starter

These conversation starters were developed by the Carers Trust Scotland to encourage carers to think about how much or little control they have in their everyday lives. Consider a question, record your immediate response on the traffic light by circle red (no), amber (sometimes) or green (yes). Then add more details about your thoughts in the 'notes' section below. The questions can also be used selectively by practitioners to facilitate good conversations with carers.

Important to / Important for

It is really important for you to be able to separate what is important to you from what is important for you, and to find a balance between the two. 'Important to me' is what really matters to you from your perspective; things that make you feel happy, content and fulfilled, and things that you look forward to. 'Important for me' is about the help and support you need to stay healthy, safe and well and continue in your caring role.

Good day, bad day...

The good day, bad day exercise is a simple way to find out and describe what a good day and a bad day looks and feels like for you as a carer. It can be particularly useful in helping to identify the pressure points where additional support may be needed. Once you have completed it, ask yourself what do I need help with? who else could do that? what would make things easier? It can also help you identify when and why things are working well, so that you can plan for more good days.

Circles of support

Most people have a number of people in their lives who help them in a variety of ways - these people can be paid professionals or friends, family or volunteers. Your circle of support is about your life and those people you want in your life who

can help you in your role (for example as a carer, a citizen, an employee etc).

The circle of support helps you to map out visually who supports you. Starting in the middle, use this tool to list the people closest to you that help you most in your role as a carer. Moving to the second circle list the people, community facilities and services that you get regular support from. In the outer circle put the people, community facilities and services that you get less regular support from but are still important to know about.

Traffic Lights: My outcomes

These outcomes (goals) are the fundamentals of your support planning. Consider each outcome and then tick the circle that fits you best : red (no), amber (not so sure) or green (yes). By completing this simple tool, you can see which outcomes you need to spend most time thinking about. You can make notes in your chosen circle about why you have selected it.

Emergency Planning Caring Contacts First Aid Box

What do you need to think about? What types of 'emergency planning' might you face as the main carer?

- Being delayed from returning home
- Becoming ill
- Requiring hospitalisation
- Family emergencies, family illness, bereavement

This is a quick tool to record your 'first aid' box of emergency contacts. You also need to be clear about what should happen if friends/family are unavailable or cannot be contacted to step in and provide back-up care.

We also recommend a workbook produced by Enable Scotland called the Emergency planning toolkit. ([s.iriss.org.uk/2dLGZRS](https://www.enable.scot.nhs.uk/2dLGZRS)) which can support you to answer the who, what, why, where, when and how of planning for those unforeseen circumstances.

<div><div>NO</div><div>NOT REALY</div><div>YES</div></div> <div>Have you been able to remain in education or employment?</div> <div></div>	<div><div></div><div></div><div></div></div> <div>Are you able to visit friends or family regularly?</div> <div></div>	<div><div></div><div></div><div></div></div> <div>Could you go away for a weekend without arranging additional care?</div> <div></div>	<div><div></div><div></div><div></div></div> <div>Do you often get a chance to spend time on yourself and your hobbies?</div> <div></div>	<div><div></div><div></div><div></div></div> <div>Do you or the staff working with the person you care for promote their independence at all times?</div> <div></div>	<div><div></div><div></div><div></div></div> <div>Do you feel you are able to give your family and friends the time they deserve?</div> <div></div>	<div><div></div><div></div><div></div></div> <div>Do you feel like you are living life to the full?</div> <div></div>	<div><div></div><div></div><div></div></div> <div>Since becoming a carer has your housing and financial situation remained stable and secure?</div> <div></div>
NOTES							

These questions are intended as conversation starters, or for reflections if you are doing this exercise alone. Make notes of key issues in the box below each question. Circle each traffic light to highlight which areas of your life need the most attention.

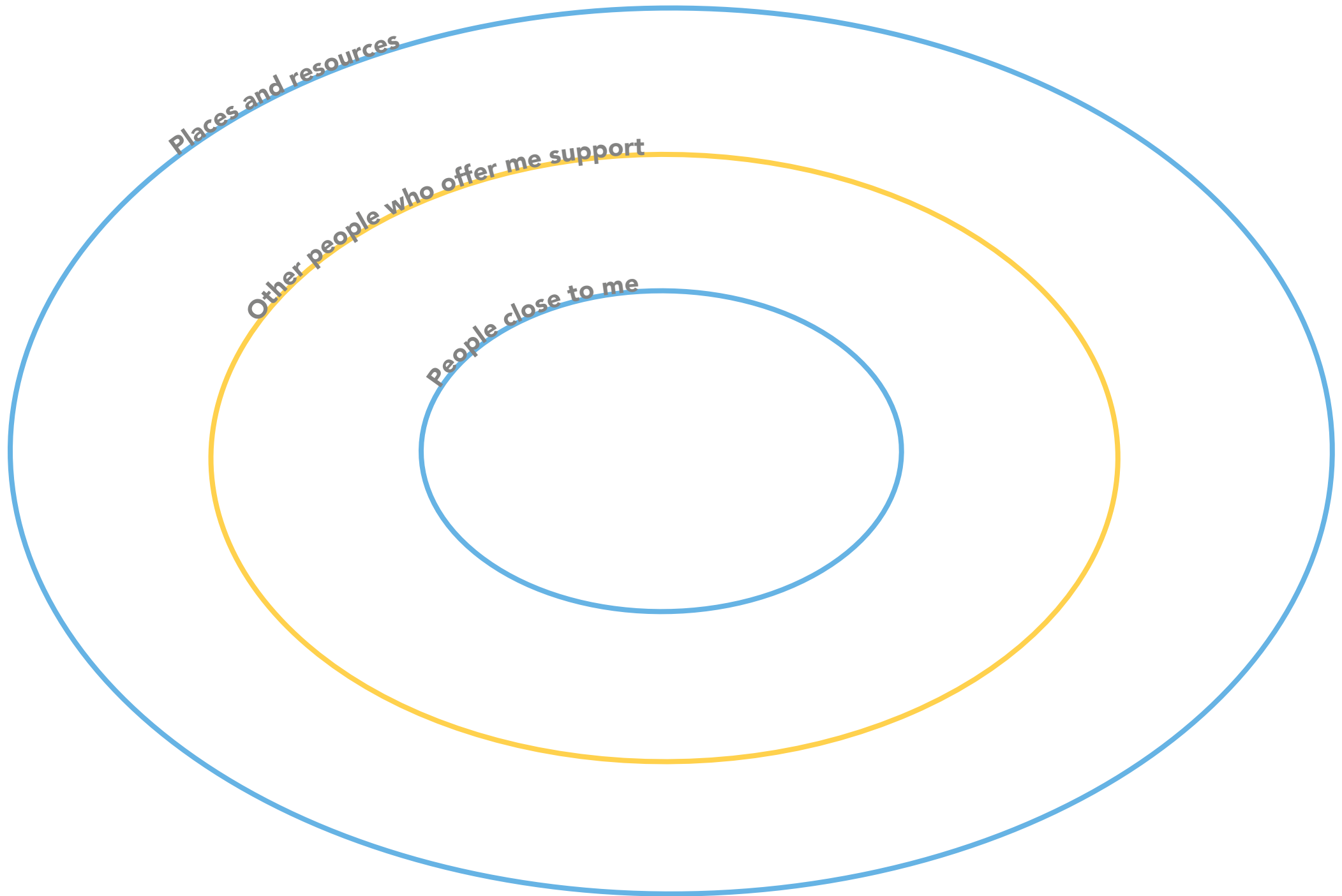
Important to me	Important for me

What is ‘important to me’ includes only what **you** identify as important in your life.
‘Important for me’ also includes what **other people** identify as important for your health and wellbeing.

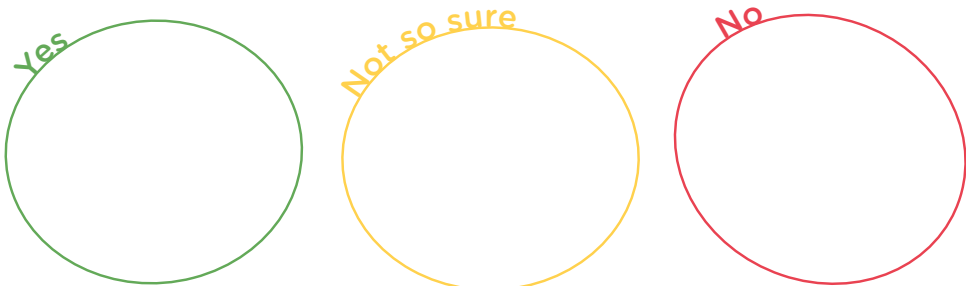
What does a good day look like to you?

	Morning	Afternoon	Evening	Night
What do you do?				
Who do you see?				
How do you feel?				
Was it your choice? <div><div>NO</div><div>NOT REALY</div><div>YES</div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>

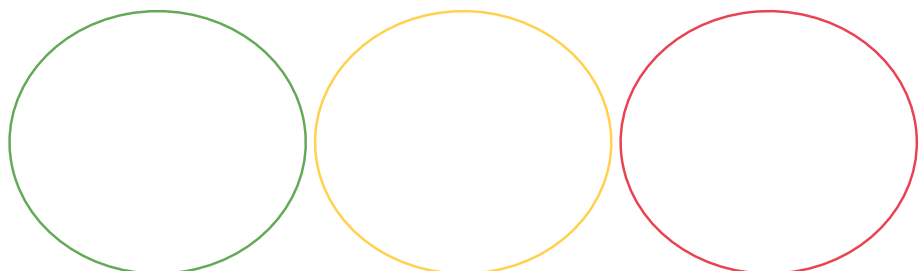
What does a bad day look like to you?				
	Morning	Afternoon	Evening	Night
What do you do?				
Who do you see?				
How do you feel?				
Was it your choice? <div><div>NO</div><div>NOT REALY</div><div>YES</div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>



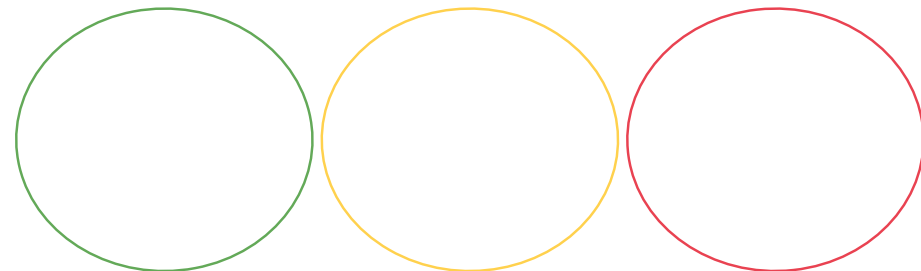
Yes Not so sure No

Three empty circles arranged horizontally. The first circle is green, the second is yellow, and the third is red. The word 'Yes' is written in green above the first circle, 'Not so sure' is written in yellow above the second circle, and 'No' is written in red above the third circle.

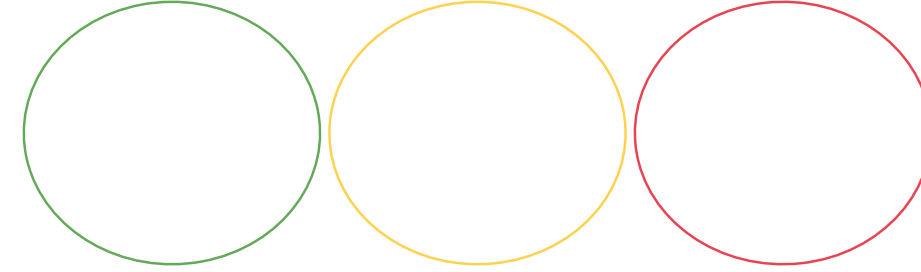
I am maintaining my own health and well being

Three empty circles arranged horizontally. The first circle is green, the second is yellow, and the third is red.

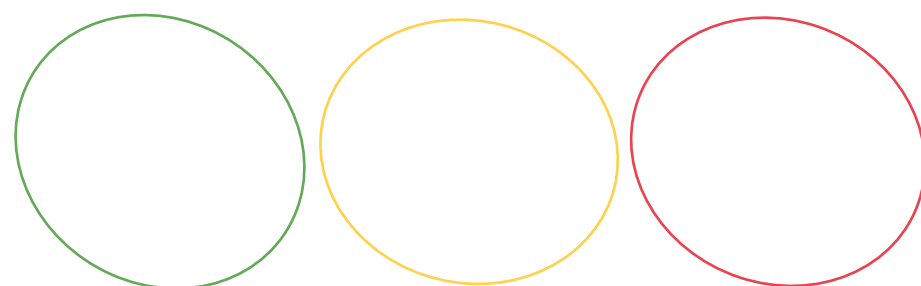
I have a life of my own

Three empty circles arranged horizontally. The first circle is green, the second is yellow, and the third is red.

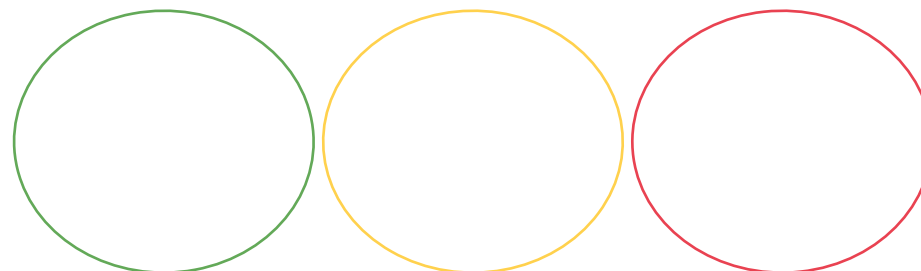
I have a positive relationship with the person I care for

Three empty circles arranged horizontally. The first circle is green, the second is yellow, and the third is red.

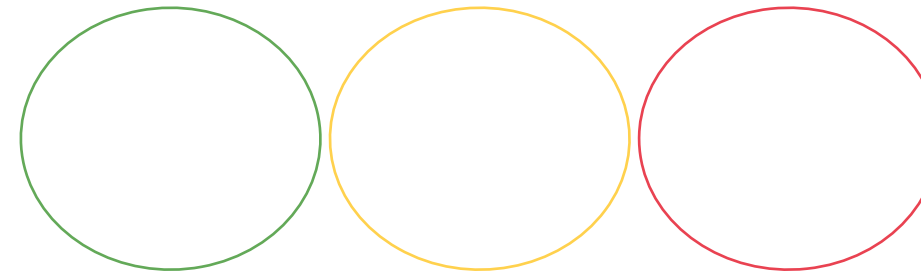
I am free from financial hardship

Three empty circles arranged horizontally. The first circle is green, the second is yellow, and the third is red.

I have choices in my caring role - I am aware of my limits

Three empty circles arranged horizontally. The first circle is green, the second is yellow, and the third is red.

I feel informed, skilled, equipped

Three empty circles arranged horizontally. The first circle is green, the second is yellow, and the third is red.

I get satisfaction from my caring role

Three empty circles arranged horizontally. The first circle is green, the second is yellow, and the third is red.

I am working in partnership with services

Name
Phone Number
Email
What can they help with?

When are they are available?

Name
Phone Number
Email
What can they help with?

When are they are available?

Name
Phone Number
Email
What can they help with?

When are they are available?

Name
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