



Preparing for a carer's assessment

Use this workbook to describe what caring is really like, how it affects your life and the change that would help most.

This is a shared, editable planning resource. Do not include information you do not need. Keep completed copies secure and check local contact details before relying on them.

Who I care for and what I do

Include practical tasks, emotional support, supervision, communication and what happens at night.

What a difficult day or week looks like

Think about frequency, unpredictability and what happens when support is unavailable.

How caring affects my health and wellbeing

Consider sleep, physical health, stress, relationships and time for yourself.



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Continue your notes. You can leave any section blank if it is not useful.

How caring affects work, education, money or housing

Note any hours, opportunities, costs or responsibilities affected by caring.

What I want to keep doing

Record the relationships, activities and goals that matter to you.

The change that would make the biggest difference

Write the practical outcome you would most like the conversation to address.

An assessment is about your needs as a carer. It is not a test of how well you care. Ask your local service how its assessment and eligibility process works.

Local service details

Add the approved phone number, web address and emergency or out-of-hours route for your area.
