



How to make the most of your health and wellbeing check

Contents	Page
-----------------	-------------

Some questions about your lifestyle	5
--	----------

Caring tasks	6
---------------------	----------

Leisure and time away from caring	7
--	----------

Work and education	7
---------------------------	----------

Finances	7
-----------------	----------

Safety in the home	8
---------------------------	----------

Useful contacts	13-15
------------------------	--------------

To help you get the best from the Carer Health and Wellbeing Check, please fill out this booklet and bring it along to your health and wellbeing check.

If you prefer you can bring the form with you and fill it in with the project worker.

About the Carer Health and Wellbeing Check

The carers wellbeing check is in two parts (the second part is on page 4).

The first is a health check. We will ask some questions about you and your health and will take your blood pressure, and test your glucose and cholesterol levels.

You will be given a printed copy of the results. The results will also be sent directly to your GP.

You will also be asked some questions about how often you:

Eat fruit and vegetables; Exercise; Drink alcohol; Smoke.

It might be useful to think about this before you come along to the health and wellbeing check.

The second part of the check is a 'wellbeing' check that looks at other things that might affect your health, such as:

- Your caring tasks
- Getting breaks from caring
- Other household tasks you have to do
- Spending time doing things you enjoy
- Work, education or training
- Finances and benefits

You can talk about some of the things you might want to change and then we will support you to make those changes.

This service is here to support you as a carer.

Some questions about your lifestyle

1 Is there anything about your own health that concerns you? Yes No

2 Are you currently having any medical treatment, therapies or other treatment? Yes No

3 Are you taking any medication? At your healthcheck, please tell us about medication prescribed by the GP or hospital, or any other medicines or vitamin supplements you take. Yes No

4 Does the caring role interfere with your sleep? Yes No

5 Does your caring role cause you physical pain or strain? Yes No

6 Does your caring role affect your mood or how you feel? Yes No

Caring tasks

1 Do you feel confident and able to cope in your caring role? Sometimes Yes No

2 Are there any caring tasks that you would prefer not to do or that cause you difficulty? Sometimes Yes No

3 Are there any caring tasks that you would like to develop more skills or confidence in? (e.g. Moving and Handling/ Emergency First Aid/Administering Medication etc.) Yes No

4 Do you feel unsafe in your caring role? Sometimes Yes No

5 Would you like more information or support in (tick any):

- Day-to-day tasks for care at home: e.g. shopping, banking, paying bills, transport, laundry, cleaning Yes
 - Benefits entitlement check Yes
 - How to access the services you need Yes
 - Carers Assessment Yes
 - Respite care breaks Yes
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Leisure and time away from caring

1 Do you have the opportunity to have time away from caring, to do the things that you enjoy? Yes No

2 Are you able to do other things that are important to you, such as meeting up with friends or family, attending religious or community events? Yes No

Work and education

1 Does your caring role affect your job if you have one; or does it stop you from having a job? Sometimes Yes No

2 Does the caring role affect education, training, or the chance for you to learn? Sometimes Yes No

Finances

1 Do you have any financial concerns, perhaps about welfare benefits or debts? Yes No

Safety in the home

1 Do you or the person you care for have difficulty getting around your home safely? For example, do you need handrails in the bathroom or on the stairs? Yes No

2 Do you and the person you care for have a smoke alarm in the home? Yes No


3 Do you have a carbon monoxide alarm in the home? Yes No

4 Do you have any concerns about the security of your home? Yes No

5 Do you have any concerns about repairs to your home? Yes No

6 Do you have any problems keeping warm in winter? Yes No

Things I want to change

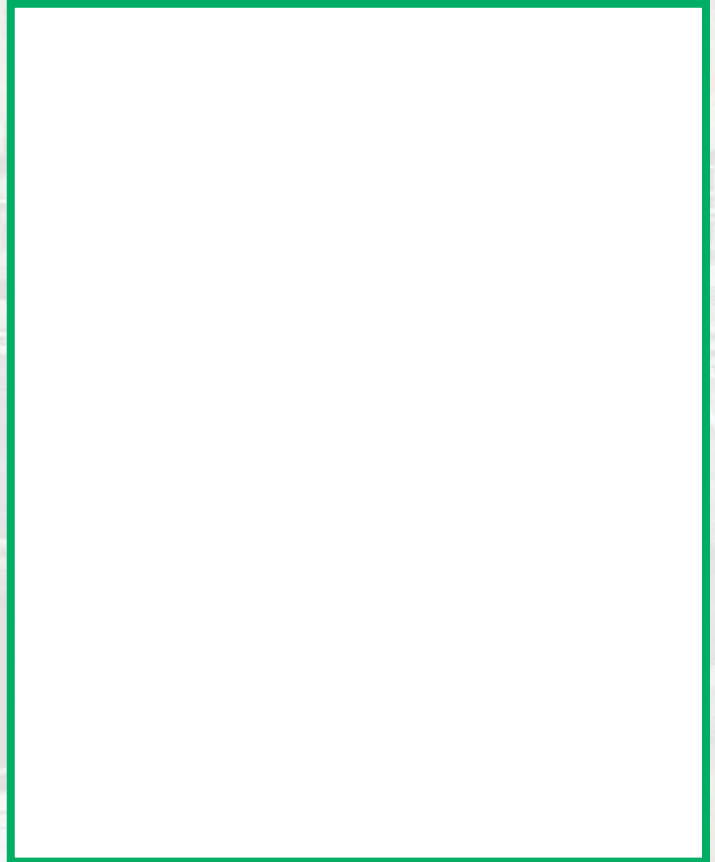



Things discussed




Appointments needed ?

Other referrals?



Notes



Useful contacts

National Support	
Admiral Nurses – Admiral Nursing Direct Information and support to carers of people with dementia by phone and email	0845 257 9406 direct@fordementia.org.uk
Age UK Advocacy, advice, counselling and befriending	0800 107 8977 www.ageuk.org/
Alzheimer's Society/Dementia Support Support and advice for carers of people with dementia	020 7423 3500 enquiries@alzheimers.org.uk
Benefit Agency Helpline Advice and help with benefits	0800 88 22 00 www.benefitshelpline.com
Carers Direct Information, advice and support for carers (7 days a week)	Freephone: 0808 802 02 02 www.nhs.uk/carersdirect
Carers UK Information for carers	www.carersuk.org
Contact-a-Family For families with disabled children	0808 808 3555 www.cafamily.org.uk
Counsel and Care Helpline National helpline for older people and their carers	0845 300 7585 www.counselandcare.org.uk
Macmillan Cancer Support Advice and support to patients with cancer and their carers	0808 808 00 00 / 020 7840 7840 www.macmillan.org.uk
Marie Curie Cancer Care Nursing care for cancer patients, carer and family support	020 7599 7777 www.mariecurie.org.uk/
Multiple Sclerosis Society Supporting people with multiple sclerosis and their family carers	Helpline 0808 800 8000 (freephone) helpline@mssociety.org.uk
NHS Direct Telephone health advice, support and information	0845 4647 www.nhsdirect.nhs.uk
Parkinson's Society Supporting people with Parkinson's disease and their family carers	020 7931 8080 enquiries@parkinsons.org.uk Helpline 0808 800 0303 (freephone)
Princess Royal Trust for Carers	www.carers.org

Princess Royal Trust for Carers – Benefits Helpline and Website Welfare rights carers helpline	www.carerscentre.com 0800 161 38 39
Relatives and Residents Association Advice on residential and nursing care	020 7359 8136 www.relres.org.uk
Rethink Helpline and advice on mental health issues	020 7840 3188 www.rethink.org
Local Statutory Service Support	
Camden Careline Telecare 24-hour community alarm service for older people and other vulnerable groups. Also offers: Carers Emergency Card Scheme	020 7974 1491 www.camden.gov.uk/careline 020 7974 1491/2
Community Safety & Drugs Team	020 7974 4964 www.camdensafe.org
Camden Council Adult Social Care Information and access team	020 7974 4000 / 020 7974 4444 (out of hours) www.camden.gov.uk/informationandaccess
Children and Family Services	020 7974 4444
Camden Passenger and Accessible Transport Service General advice and information on Taxicard, Freedom Pass, Disabled Parking Permit, etc.	020 7974 5919 020 7974 6435 www.camden.gov.uk/accessibletransport
Camden Reach Support and rehabilitation	020 3317 3295 / 0845 900 0684 www.camdenproviderservices.nhs.uk
Community Equipment Accessible aids / equipment via a retail prescription model	020 7974 4344
Care 2 Work A project that helps carers use their skills to gain paid or volunteer work.	020 7278 4437 Natalie.Treacher@hcct.org.uk
Family Information Service Information and services for parents, carers, children and young people (up to 20 years)	020 7974 1679 www.camden.gov.uk/schoolsfinder.direct
'Looking After Me' Course A free course for adults who care for a family or friend living with a long-term health condition.	020 7922 7860 Freephone 0800 954 0650 Nurcan.cahill@epccic.co.uk
NHS Patient Support Service Provides information on local health care services, advice on how to make a formal complaint	020 3317 3003 www.camden.nhs.uk/patientsupportservice pss@camdenpct.nhs.uk

Local Voluntary Support

Age Concern Camden Advocacy, advice, counselling and befriending	020 7837 3777 www.ageconcerncamden.org.uk
Camden Carers Centre Advice, information and support	020 7428 8950 www.camden-carers.org.uk
Health and Wellbeing Project Health and wellbeing checks for carers	020 7428 8958 / 8953 Elaine@camden-carers.org.uk
Camden Citizens Advice Bureaux Offices in Kilburn, Kentish Town, South Camden Housebound service	0845 120 2965 020 7428 1616 www.camden-cabservice.org.uk
Camden, City, Islington & Westminster Bereavement Service Adult bereavement counselling	020 7424 9558 / 020 7284 0090 www.bereavement-counselling.org
Centre 404 Support for carers of people with learning disabilities	020 7607 8762 general@centre404.org.uk
Crossroads Care Camden Home-based respite services for carers Young Carers Project: Support to young carers (aged 15-18) Young carers health checks (aged 16-25)	020 7485 7416 www.camden-crossroads.org
DISC – Disability in Camden Advice and information for people with disabilities and carers	020 7387 1466 www.discnwl.org.uk
KIDS Camden Support for children and young people (0-19) with special needs and disabilities and their families	020 7520 0405 www.kids.org.uk
MIND in Camden Provide for the wellbeing and rights of people with mental health problems	020 7911 0822 www.mindincamden.org.uk
Women and Health Complementary self-help therapies and counselling	020 7482 2786 www.womenandhealth.org.uk
West Hampstead Women's Centre Confidential advice and support for women experiencing problems including domestic violence	020 7328 7389 www.whwc.org.uk



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