



Are you looking after someone? Carers Self Assessment

You only need to provide information you feel comfortable with

ABOUT YOU

Title
 First Name
 Surname
 Address
 Post Code

Main Telephone No
 Mobile Telephone No
 Email Address

Preferred Contact Method Post Main Telephone Mobile Email

Ethnicity

Gender
 Date of Birth
 Age

Preferred Language
 Interpreter Required Yes No

Who do you look after?
 How long have you been looking after them?
 Do you live with the person you look after?
 What is there main medical condition/conditions?

As well as caring what other responsibilities do you have?

Full Time Work (more than 16hrs) Part Time Work (less than 16 hrs) School / Further Education / Training
 Family Commitments Voluntary work Other (specify below)

Please specify: _____

Where did you get this self assessment from?	<input style="width: 95%; height: 20px;" type="text"/>
Did someone assist you in completing this self-assessment?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, please provide their contact details:	
<input style="width: 98%; height: 20px;" type="text"/>	

YOUR CARING ROLE

Tell us why the person you look after needs your support

--

What do you think could improve their quality of life?

--

How does the level of care and support you provide affect your life?

--

What support or information might help improve your quality of life?

--

Continue on a separate sheet, if you wish to tell us more about your caring role



This sign is being used to let you know that information you provide:

- Will be treated as confidential and is protected under the Data Protection Act 1998.
- Will not be used for any other purpose, other than in the very limited circumstances permitted by the Act.

If you require further information about this please speak to the person who issued this form or write to the address below.

Your signature

Date completed

**THANK YOU FOR COMPLETING THIS SELF-ASSESSMENT
PLEASE SEND THIS FORM TO:**

**Carers Support, Glasgow Association for Mental Health, St Andrews by the Green, 33
Turnbull St, Glasgow, G1 5PR**

WE AIM TO CONTACT YOU WITHIN 28 WORKING DAYS OF RECEIVING THIS SELF ASSESSMENT