



# Carers Star™

The Outcomes Star for people caring for others

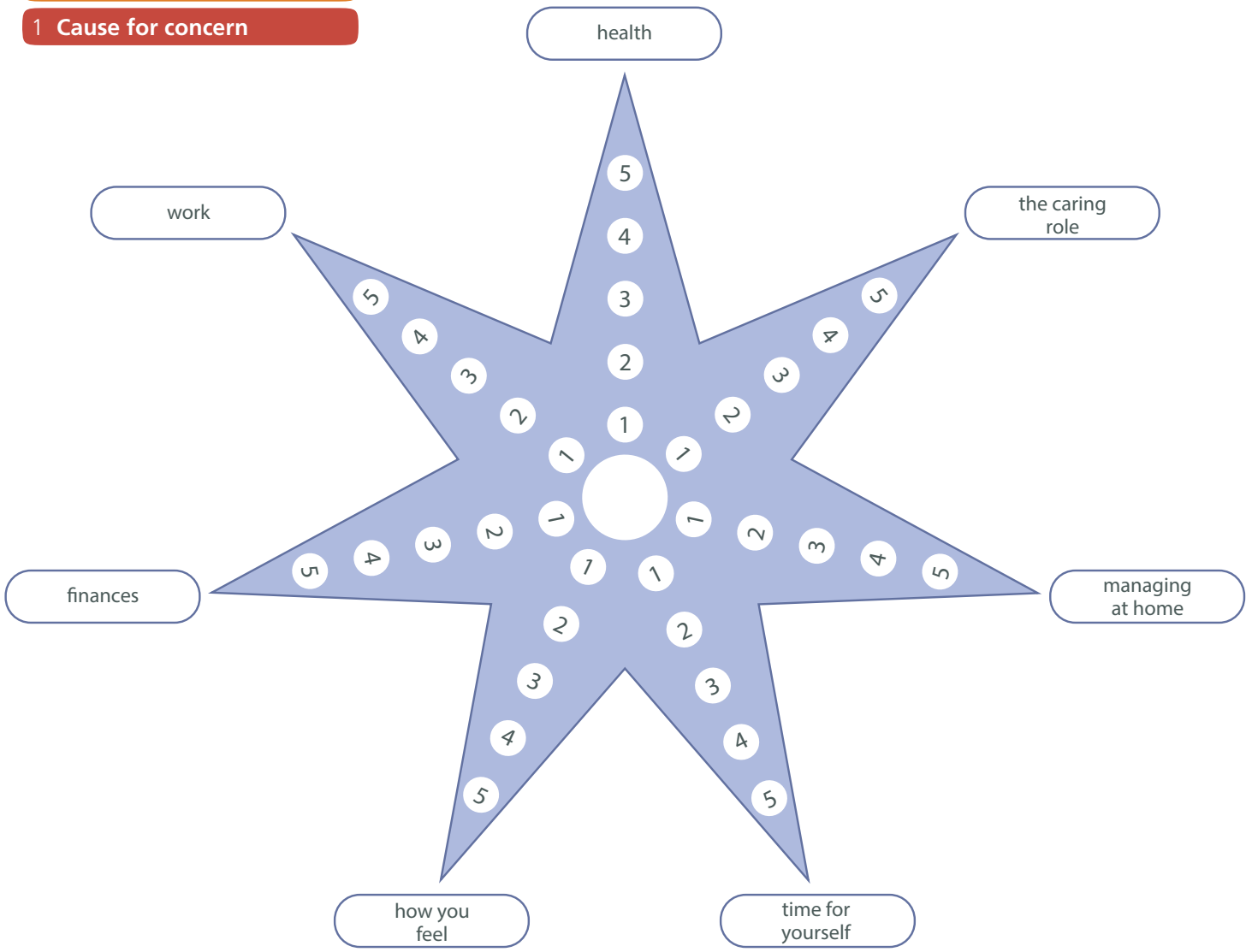
Carer

Date of completion

First  Review  Retrospective

Completed by  
 Worker and carer   
 Worker alone   
 Carer

- 5 As good as it can be
- 4 Finding what works
- 3 Making changes
- 2 Getting help
- 1 Cause for concern



Carer: I was involved in completing this Star Chart

# Star Notes

## 1 Health

## 2 The caring role

## 3 Managing at home

## 4 Time for yourself

# Star Notes

**5 How you feel**

**6 Finances**

**7 Work**

**Other notes**

# Action Plan

Priority area and stage/step	Goal	Action	By who?	By when? (date)

Signatures:

Carer

DD/MM/YY

Date

Worker

DD/MM/YY

Date

DD/MM/YY

Date