

## How do I use the Carers Star™?

To use the Carers Star you need to be getting one-to-one support from a service supporting people with a caring role. You and your support worker decide together where you are on your journey. Then you agree which areas you want to work on for next time and how you're going to approach them.

At regular points you go back to the Star with your support worker to get a clear picture of what is working well and where things could still be improved for you.

**"It is good, and surprising, to see in black and white how my caring role affects me. Using the Star gave me a structured way of understanding my situation." Person with caring responsibilities**

## Information sharing

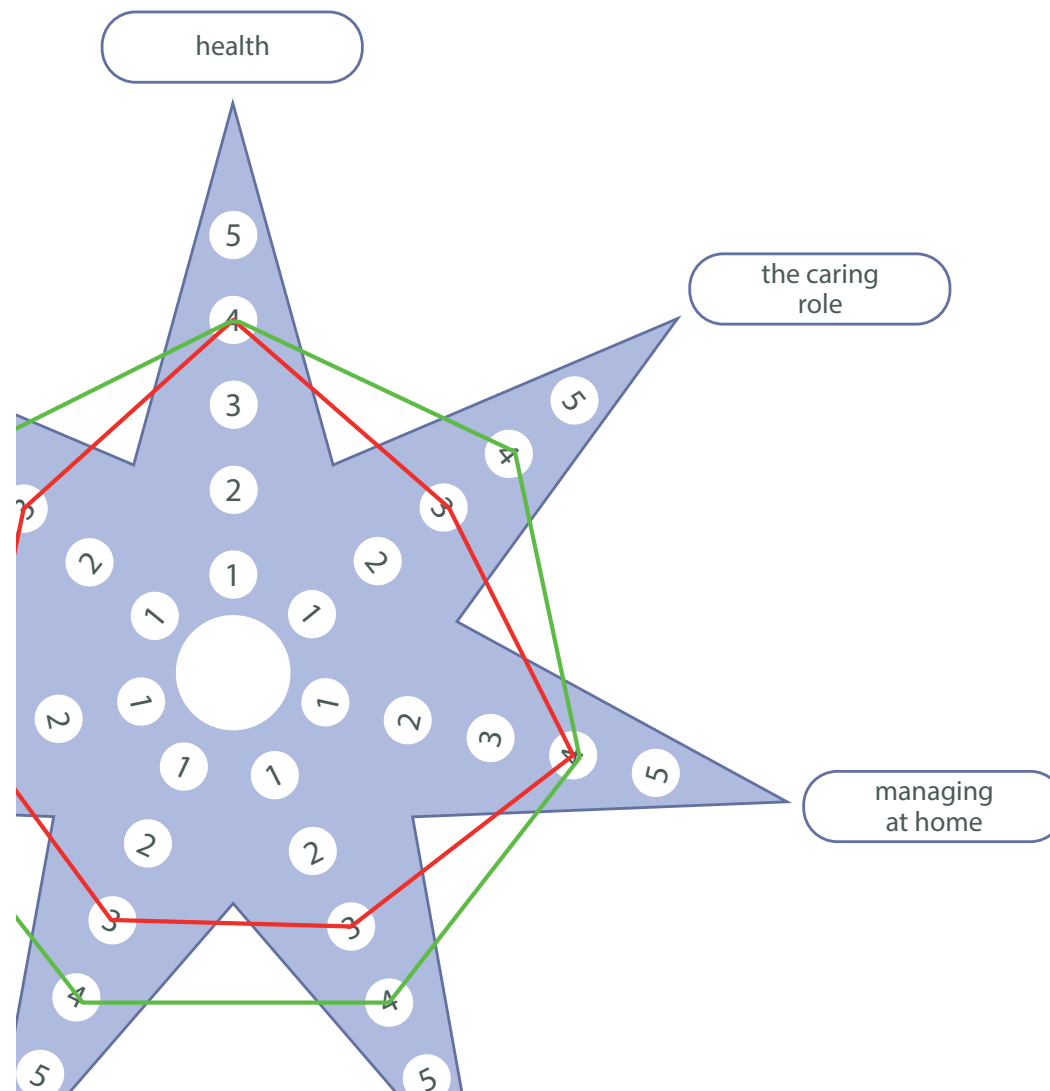
The service you are accessing is obliged to share information if there are any concerns about someone's safety and/or well-being and there are clear reasons for doing so which are in their best interests. Information may also be shared to ensure that you and your family are getting the right services.

The information gathered on the Star is recorded and will be securely stored and used to provide services to you. It may also be used to monitor and audit the quality of the service offered to you and your family.



# Carers Star™

Information for people caring for others

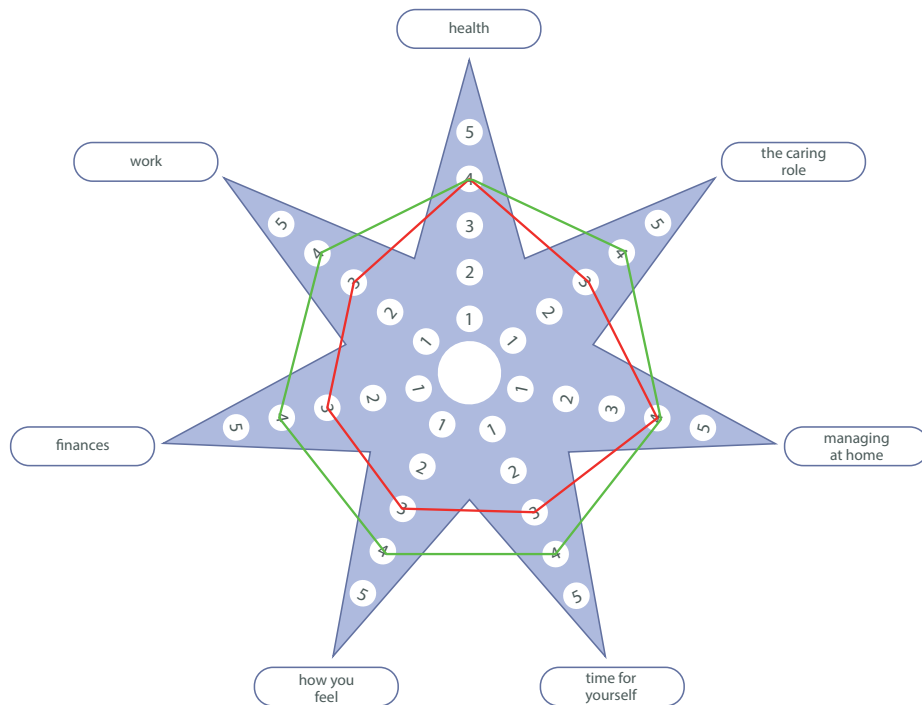


# Supporting you to care

The Carers Star is a tool to help get the balance right for you, so that you can optimise your well-being and be effective in your caring role.

It looks at seven different areas of your life (below).

For each area, there is a five-point scale that will help you to measure how you feel, how you are coping and what is happening to address any difficulties. This is called the Journey of Change (shown on the next page).



# The Journey of Change

Which step are you on?

