

Carers Star™ Scales

The Outcomes Star for people caring for others

In each of the seven questions, circle the description that best fits for you now.

1 cause for concern 2 getting help 3 making changes 4 finding what works 5 as good as it can be

1 Health

Managing physical and mental health; healthy lifestyle; doctors and other health services



- 5 I am healthy enough and look after my health well
- 4 My health and lifestyle are mostly OK but there are a few changes needed
- 3 There are no immediate concerns but I need to look after my health a lot better
- 2 My health is poor or at risk. I have some support with this
- 1 My health is poor or at risk. There is no support available or it wouldn't help

2 The caring role

Skills; understanding; practical caring; legal issues; planning ahead; communicating with professionals



- 5 I mostly have the skills, understanding and information I need and can plan ahead
- 4 I have a good idea about my caring role, but still would like to learn more
- 3 Things are difficult but I'm starting to get to grips with my role
- 2 I'm finding it hard to cope. I get some support but am not confident it'll really help
- 1 It's hard. I don't know if I can carry on as things are or how anyone could help

3 Managing at home

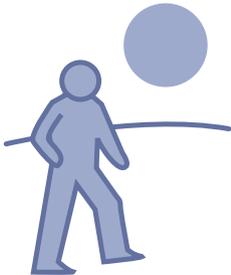
Day-to-day tasks and the suitability of your home – or that of the person you care for if you don't live with them



- 5 Our/their home is suitable and we can manage day-to-day tasks well enough
- 4 Mostly we can manage day-to-day tasks at home but some areas need to be addressed
- 3 We're getting by but it's hard to stay on top of day-to-day tasks or changes are needed to our/their home
- 2 We're not coping with many of the day-to-day tasks or our/their home isn't suitable. I'm getting help to sort this out
- 1 We're not coping with many of the day-to-day tasks or our/their home isn't suitable. There's no support available or it wouldn't help

4 Time for yourself

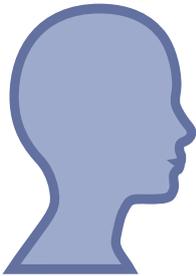
Social life; activities; breaks from hands-on caring



- 5 Things are as good as they can be. I have breaks and balance caring with other things
- 4 I have some time for myself, and some activities or social life outside my caring role, but things could be better
- 3 I'm trying to get some time for myself, and some activities or social life outside my caring role, but it's difficult and often doesn't work out
- 2 Caring has taken over my life but I'm getting some help to see if I can change this
- 1 Caring is my whole life. I can't see how it could be any other way

5 How you feel

Feeling supported; dealing with anxiety or stress; managing any difficulties in a key relationship



- 5 I mostly feel calm and positive enough and can deal with the pressures of being a carer
- 4 I'm finding what helps me feel OK or to manage stress, anxiety or difficulties in a relationship but things could be better
- 3 I'm trying things that might help me manage stress, anxiety or difficulties in a relationship
- 2 Stress, anxiety or difficulties in a relationship are getting me down but I have some support with this
- 1 I experience high levels of stress, anxiety or difficulties in a relationship and have no support with this

6 Finances

Benefits; debts; managing money; legal issues



- 5 I'm managing financially and know where to go if I need support
- 4 My financial situation is mostly OK but there are some issues related to caring
- 3 I'm trying to sort out financial matters related to caring but it's hard
- 2 There are financial problems as a result of my caring role but I have some support to address them
- 1 There are financial problems as a result of my caring role but I prefer not to discuss them

7 Work

If you're retired or a full-time carer there's no need to do this scale – simply place yourself at 5 to complete your Star



- 5 I'm a full-time carer or retired, or I'm in work or training and managing well enough
- 4 I'm in work, or training or volunteering as a way in to it, but there are some problems
- 3 I'm trying to sort things out with work or to move towards finding work but it's hard
- 2 I need to find work and I have some support with how to balance work with my caring role
- 1 I need to find work but I can't see how due to my caring role and I have no support with this

Now mark on the Star Chart where you are on the Journey of Change for each of the areas. If you join the points on the Star, you will see an overall shape of how your life is right now. Use that as a basis to talk to someone about how you can make things as good as they can be for you, in your caring role, with support.