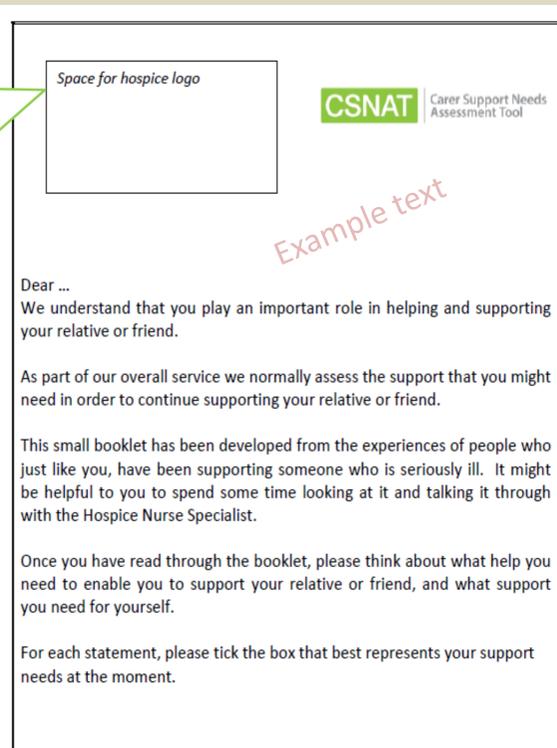


The Carer Support Needs Assessment Tool©

Many services have used a booklet version of the CSNAT with an introductory letter on the front page (this can be modified to be service specific). However an A4 version is also available.



The CSNAT allows the carer to **consider their needs**. It enables them to indicate which needs they currently have, and to prioritise which are most important to them at that moment in time

Do you need more support with...	No	A little more	Quite a bit more	Very much more
... understanding your relative's illness			<input checked="" type="checkbox"/>	
... having time for yourself in the day	<input checked="" type="checkbox"/>			
... managing your relative's symptoms, including giving medicines				<input checked="" type="checkbox"/>
... your financial, legal or work issues	<input checked="" type="checkbox"/>			
... providing personal care for your relative (eg dressing, washing, toileting)	<input checked="" type="checkbox"/>			
... dealing with your feelings and worries	<input checked="" type="checkbox"/>			
... knowing who to contact if you are concerned about your relative (for a range of needs including at night)				<input checked="" type="checkbox"/>

Do you need more support with...	No	A little more	Quite a bit more	Very much more
... looking after your own health (physical problems)			<input checked="" type="checkbox"/>	
... equipment to help care for your relative	<input checked="" type="checkbox"/>			
... your beliefs or spiritual concerns	<input checked="" type="checkbox"/>			
... talking with your relative about his or her illness	<input checked="" type="checkbox"/>			
... practical help in the home			<input checked="" type="checkbox"/>	
... knowing what to expect in the future when caring for your relative		<input checked="" type="checkbox"/>		
... getting a break from caring overnight				<input checked="" type="checkbox"/>
...anything else? (please write in)				

Example of a completed CSNAT: the starting point for an **assessment conversation**

Do you need more support with... No A little more Quite a bit more Very much more

... looking after your own health (physical problems)?

... equipment to help care for your relative? *currently being dealt with*

... your beliefs or spiritual concerns? *Homecare visits*

... talking with your relative about his or her illness?

... practical help in the home? *currently doing*

... knowing what to expect in the future when caring for your relative?

... getting a break from caring overnight?

... anything else (please write in)? *Travel with O.C. for 2-3 days*

Please consider which of the above you most need support with at the moment. We will then be able to discuss these support needs with you.

[Space for administrative details – service specific]

The back page of the CSNAT booklet is service specific but you may want to include details on the carer, the support needs they have identified during the **assessment conversation**, any notes on the agreed **shared action plan** and /or plans for a further **shared review**