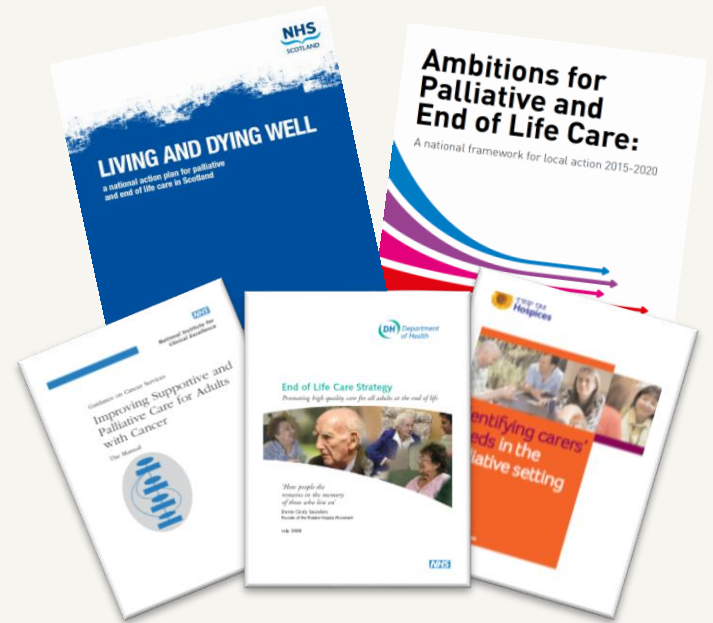


# The Carer Support Needs Assessment Tool (CSNAT) intervention

Professor Gunn Grande

# Background

- Numerous government policies and national guidelines have repeatedly highlighted the **need to support and address carers' needs**.



- There has been **little guidance on how this can be best achieved**, nor any recognition that assessing and addressing carer support needs in a systematic way entails a change in practice.
- Our work on developing, trialling and currently, implementing the CSNAT intervention **seeks to address these gaps**.

# Carer Support Needs Assessment Tool (CSNAT)

## Enabling carers to care (co-worker role)

Knowing who to contact when concerned

Understanding the patient's illness

Knowing what to expect in the future

Managing symptoms and giving medicine

Talking to the patient about their illness

Equipment to help care for the patient

Providing personal care for the patient

## Direct support for carers (client role)

Own physical health concerns

Dealings with their own feelings and worries

Beliefs or spiritual concerns

Practical help in the home

Financial, legal or work issues

Having time for themselves in the day


Overnight break from caring

## Your support needs

We would like to know what help you need to enable you to care for your relative or friend, and what support you need for yourself. For each statement, please tick the box that best represents your support needs at the moment.

Do you need more support with...	No	A little more	Quite a bit more	Very much more
...understanding your relative's illness				
...having time for yourself in the day				<input checked="" type="checkbox"/>

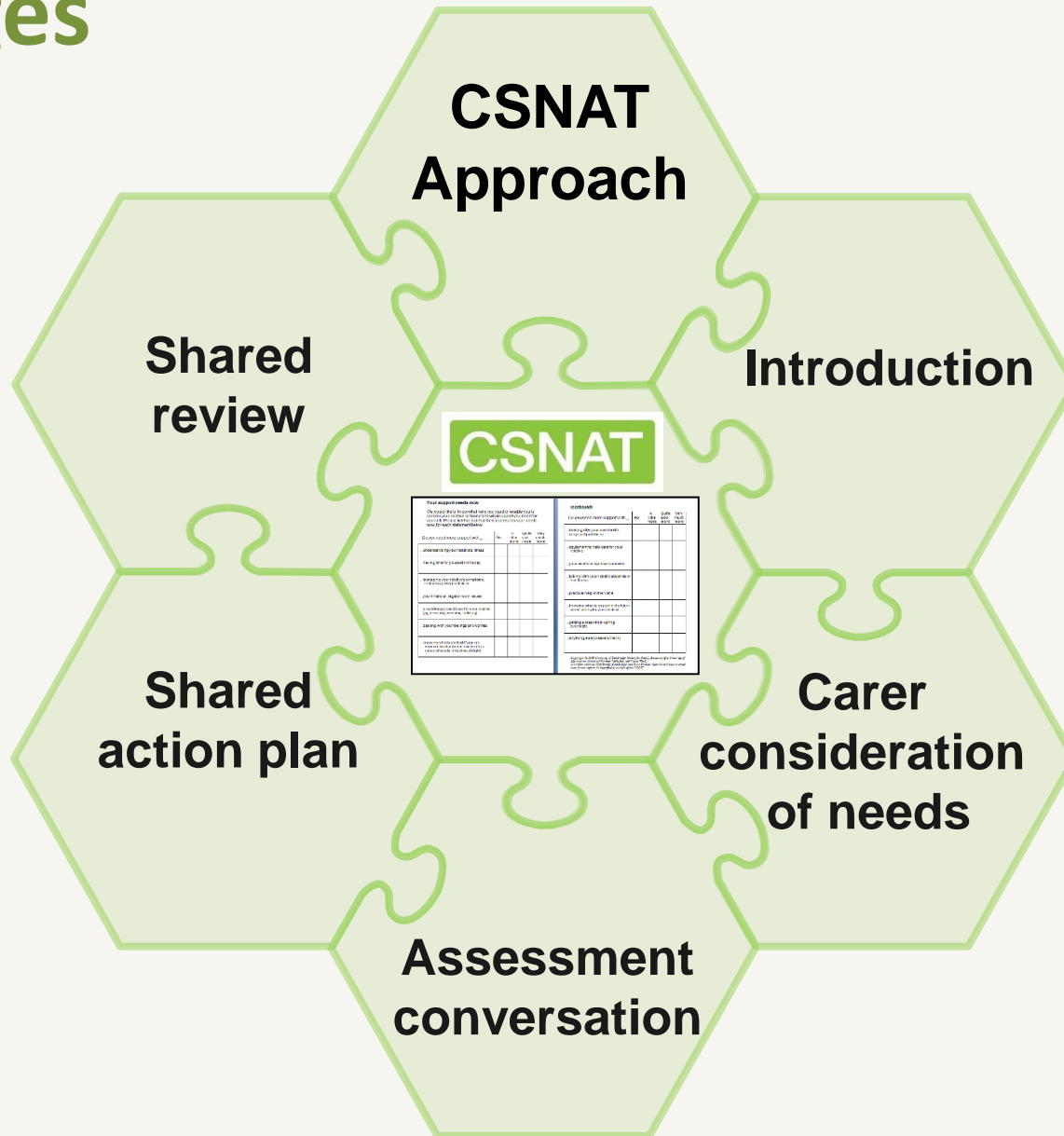
*"It's opened up conversations in a different way, it's not just ticking boxes...it's what comes out of that..."*



# The CSNAT intervention

.... refers to the integration of the CSNAT  
(the 14 tool domains)  
into a person-centred process of  
assessment and support  
(the CSNAT approach).

# 5 stages



# Programme of research and implementation

**CSNAT development:** listening to 75 bereaved carers

**CSNAT validation:** survey of 225 current carers

**Pilot intervention:** CSNAT within hospice home care practice

**Feasibility** work for a trial in hospice home care

**Stepped wedge cluster trials:** in UK and Australia

**Wider implementation:** 36 sites delivering palliative care

**CSNAT in hospital discharge:** qualitative exploratory study

**Hospice case study:** organisational & facilitation processes

# The challenge of implementation

- An evidence - based intervention for carers
- Seeking to integrate into everyday practice
- Not an *external* intervention
- Two dimensions:
  - Establishing comprehensive carer assessment and support as routine
  - Change to carer-centred approach





Carer Support Needs Assessment Tool

World wide



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website: <http://csnat.org>

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