

CSNAT INSPECTION COPY

**This inspection copy of the CSNAT is provided for reviewing purposes only.
It should not be used in practice or for research and should be destroyed after 60 days.**

It is provided to show potential users the set of 14 questions (plus an anything else section) contained on the tool. The questions are structured to refer to **domains of support needs**, each of which encompasses a range of support needs which may be different for each individual carer.

The CSNAT is protected by copyright: it cannot be altered, used or distributed outside the requesting organisation. If after you have reviewed the inspection copy you would like to use the CSNAT in your practice or within a research study, **you will need to obtain a full CSNAT licence.**

There are different processes for using the CSNAT – either to identify unmet support needs within a research study or to be used as a practice intervention (where the tool itself is integrated into a person centred process of assessment and support that is practitioner facilitated but carer led).

Please review the infographic where the two uses of the CSNAT are explained.

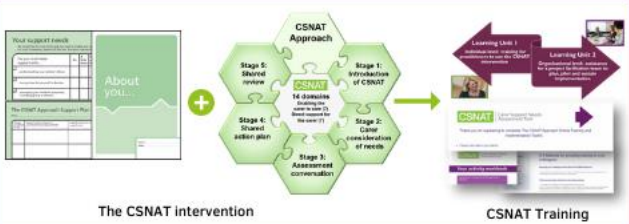
For whatever purpose, you need to obtain a full CSNAT licence for using CSNAT. Further information about licensing can be obtained at <http://csnat.org/licensing/>.

For practice licences, further information about training (free of charge) is available at <http://csnat.org/training/>

CSNAT Licences: Practice Intervention vs Research Tool

Using the CSNAT in practice

The CSNAT is used as part of a practice intervention by practitioners (mainly health and social care professionals) to assess and provide supportive input for carers.



The CSNAT intervention

CSNAT Training


As a practice intervention, the CSNAT is incorporated into a five-stage, person-centred process of assessment and support (The CSNAT Approach) that is practitioner facilitated but carer-led. This requires completion of training by practitioners.

Using the CSNAT as a research tool

The CSNAT (the 14 item tool plus 'anything else' section) can be used as a research tool to identify areas of support needs (domains) where carers require further support.


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				
...managing your relative's symptoms, including giving medicines				

The CSNAT is used solely to collect information on carers' support needs. However, if it is also used to provide supportive input, it is being used as a practice intervention and therefore requires practitioner training.



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 needs at the moment.

Do you need more support with...	No	A little more	Quite a bit more	Very much more	Do you need more support with...	No	A little more	Quite a bit more	Very much more
1 ...understanding your relative's illness					9 ...equipment to help care for your relative				
2 ...having time for yourself in the day					10 ...your beliefs or spiritual concern				
3 ...managing your relative's symptoms, including giving medicines					11 ...talking with your relative about his or her illness				
4 ...your financial, legal or work issues					12 ...practical help in the home				
5 ...providing personal care for your relative (eg dressing, washing, toileting)					13 ...knowing what to expect in the future when caring for your relative				
6 ...dealing with your feelings and worries					14 ...getting a break from caring overnight				
7 ...knowing who to contact if you are concerned about your relative (for a range of needs including at night)					15 ... anything else (please write in) 				
8 ...looking after your own health (physical problems)									