

It is important that you take care of your own health and wellbeing, even if you are busy looking after someone else's health. Being healthy is not only important for you, but it also helps the person you care for. Eating well and exercising can also fall by the wayside. You may be providing round the clock care for someone or just a few hours every day or every week. Whatever your caring role it probably has an impact on you in some way including physically, mentally & financially. To help you better manage your own health and wellbeing the Surrey Carers Partnership which includes carers have co-designed a self-assessment tool which considers the broader spectrum of the caring role/circumstances.

The Surrey Carers Well-being Tool aims to help you evaluate the impact that caring is having on your health and wellbeing and may also help you determine your underlying stress levels. It has been designed to help support your decision to seek additional help and guidance around your own health and wellbeing.

Your circumstances will be unique and therefore the impact on your health will differ to anyone else. Many people are unaware of the accumulative impact that caring for someone can have. This process provides an opportunity to raise awareness of the importance of you looking after your own health.

Surrey Carers Well-being Tool:

The following list of statements may help you understand whether you are under any strain and whether you should seek additional help from services to help mitigate against this.

This is a list of things that other carers have found difficult. Please answer them as they apply to you

		Not Applicable	Level of impact	Level of impact	Level of impact	Comments for score
		0	Low – 1	Medium- 2	High – 3	
1	My sleep is disturbed (because the person I care for is up at night and due to my own worry/stress)					
2	Caring takes a lot of my time (because of time needed for traveling and the multiple caring roles that I have)					
3	It's a physical strain (due to moving and handling or physical/mental exhaustion.					

4	I do not have the necessary skills or training to undertake the caring role. (i.e. continence management, pain management)					
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5	I already have a pre-existing physical/emotional condition which has been made worse by my caring role.					
6	I do not feel physically capable of fulfilling my caring role due to my age, frailty, (i.e. do not have the physical energy to undertake a demanding caring role)					
7	I feel depressed/sad/low in spirits /anxious/apathetic/less positive than in the past and overwhelmed by my caring role. (I experience these feelings regularly, and I do notice this effect on my ability to care– all the time, daily, weekly, monthly: if you feel depressed all the time or more often than not score high)					
8	My relationship/s is under strain due to caring (this can be a particular issue for parent carers but also can impact on other relationships)					
9	It is confining (as a carer I feel unable to leave cared for person, free time is restricted; I have been unable to go on holiday or continue learning/education)					
10	I feel isolated and on my own (isolation and lack of support might prove a high burden and result in distress or physical/mental health problems). Carers often feel trapped by their circumstances.					
11	There has been many adjustments to daily life due to caring role(there is disruption to routine, he/she is worried about their employment or had to give up employment; please					

	note for young carers and young adult carers this may mean that they are missing out of education opportunities or there is no time for social activities)					
12	There are other demands on my time (i.e. other caring or family responsibilities, grandchildren)					
13	It is upsetting to find the 'cared for person' has changed so much from their former self (he/she is different from how they used to be causing upset, anxiety, embarrassment due to challenging behaviour)					
14	I feel under financial strain due to the caring role.					
15	As a family we are not able to do the things other families can do.					
	TOTAL					

A low score would be <16

A medium score would be 16 >32

A high score would be 33 > 48

Next Steps

Do not be alarmed if you have a high score. Like many carers your caring role is impacting your health and wellbeing and by simply conducting this self-assessment you have taken the first step to a managing this challenge.

Below we have pulled together a list of suggested first steps that should lead you to a better place.

Action for Carers Surrey

This organisation is the lead provider of Free carers support services in the county. Register with them to access a wide range of services including, advice, information, support and advocacy.

[Action for Carers Surrey Self Registration](#)

[Emergency Planning Tool](#)

[Benefits and Payments](#)

GP Practice

If your doctor knows you are a carer, s/he can ask you about any physical or mental health issues you may have because of caring. It's a great idea to take a copy of your completed self-assessment and request a consultation with your GP to discuss your caring role. Once your GP knows you are a carer they may be able to offer you more flexibility in terms of your appointments and can refer you on to other services which may help support you in your caring role. This could include a GP Carers Break which is a one-off payment that is used to allow you to have some time for yourself. To access a GP carer break you will need to register with your GP as a Carer. Once your GP knows you are a Carer, they may discuss GP carer breaks with you and refer you for further support if they and you feel this will be beneficial. GPs have some guidelines that they have to follow when giving carers break payments, meaning your GP makes a professional, clinical decision based on your health requirements.

[GP Carers Adult Registration Forms](#)

[GP Young Carers Registration Forms](#)

Social Care

When our caring role starts to impact our health and wellbeing it's a good time to consider asking for more help. You can do this by requesting a statutory carers assessment.

[SCC Carers Assessment](#)

Digital Support

It can be difficult to leave the person you are caring for which is why we have partnered up with Carers UK to allow you access to a range of digital tools and essential resources that may help make caring for someone easier. You can access the digital tools for free via the Carers UK Digital Resources website (Your Free Access Code is: DGTL3562) or use the links below to get more information on each of the tools

[Digital Offer](#)

Breaks from Caring

You may feel you need a break from caring at some point. This may be a short break for a few hours or a day, or a longer break for a week or two.

In all instances you are advised to contact our [Adult Social Care helpline](#). The helpline will be able to advise you on a number of different breaks that may be available.

[Crossroads Care Surrey](#) is the lead provider in Surrey for Carer breaks services. Their core purpose is to improve the quality of life of unpaid Carers and the people for whom they care and to maintain and improve their physical and mental wellbeing. They support lots of people in a similar situation as you by enabling them to take a break from their caring responsibilities, with the peace of mind that comes from knowing that the person that's being looked after is in the good, reliable and professionally trained hands of their Carer Support Workers. Their services operate throughout Surrey and include three hours a week respite care; Social Clubs that give Carers an extended break and a variety of self-funded respite packages that offer extended time away from their caring responsibility. In partnership with the NHS, they also provide an unlimited End of Life service.

Active Surrey

Keeping active at home is an important way to stay healthy and happy during Covid 19 lockdown.

Remember that being sedentary (and it may be easier to be more so during lockdown) can lead to a decline in your physical health. Evidence shows that regular physical activity can help with conditions you may have, but also prevents several chronic diseases including Cardiovascular Disease, Diabetes, Osteoporosis, Depressions and some forms of cancer.

Physical activity can help lift your mood, improve your wellbeing (including sleep), as well as keep your body healthy, supple and your muscles strong. If you can't get out to take a walk there are easy ways to be active at home, whatever your fitness level.

Go to: [Keeping active at home – Active Surrey](#)

#StayInWorkOut

Split into age categories, there are helpful suggestions including yoga, seated exercises, videos from the British Heart Foundation, and lots for those with more energy.

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