

**SUPPORTING CARERS**

# 5 STEPS TO GET STARTED

**A GUIDE FOR COMMUNITY NURSES**

**1**

**Where am I now?**

Do I/we...

- Feel confident and know how to identify carers?
- Know how to support including referring to local carer services?
- Know how many carers are on our caseload?
- Know how many referrals made to carers service?
- Know the needs of our local carers?

**2**

**Know your local service for carers, including young carers**

- [How to find your local council](#)
- [How to find your local carers service](#)
- [How to find your local young carers service](#)

**3**

**Education**

- Check if your organisation has a Carers Policy on their website.
- Check with your employer if your organisation has a Carers Champion or Carers Network.
- Check with your organisation and local service where to access training.

**4**

**Action**

- Review documentation – are questions relating to identification of a caring role within nursing assessments and documentation?
- Review what you do – “Think Carer” when considering patients and their families. Be curious.
- Review what you say – Don’t be scared to ask...How are you? Do you look after someone? Tell me about your day?

**5**

**Evaluation**

Have I/we...

- Grown in confidence in how to identify young carers?
- Increased the number of referrals to young carer service?
- Increased the number of identified young carers on our caseload?

