

Carers

RFQs

- Thank you for seeing me without your partner. It's easy for us to forget about *your* health with him (his name) being so dependent. Honestly now, how are you feeling? Physically and emotionally? Please could you give me a mood score? Could you give me a score out of 10. Ten would be as happy as you could ever imagine being. Zero would tell me that you are so unhappy that you are planning kill yourself today, no matter what I do to help.
- Are you falling into any bad habits? Drinking to help you to sleep for example? What about substances or smoking?

Provide

Did you have any thoughts about what I might help you with? What most worries you? Would you mind me making some suggestions. I see people in your sort of position all the time. Getting support makes all the difference. We have a special clinic here at Herrington in which we focus on your physical and emotional health. Michelle will even help you to plan how to cope in an emergency. Would that be something that you might be interested in?

Perhaps even more important to you at the moment is for us to think about you getting some practical support. Our local carers centre is full of people who really understand your situation and can give you local advice and support. For example: to get you help with benefits, house adaptations, legal advice and respite care. Would you mind me recording that you are a carer in your records? What about I ask someone from our carers' centre to get in touch with you?

OK, there's no rush.

Safety net:

Please let me know, when and how you would like our support. Feel free to make a phone appointment to talk to me about your own health, and of course we are happy to visit you and your partner at home when you need it.

Do let us know if things are ever getting on top of you. And please don't forget your own health.