

## Table of Indicators – Adult Carer Support Plan

Universal support moving to commissioned services & support (local authority ‘power to support’)

| Indicators     | Caring has no impact/no risk  | Caring has low Impact/risk prevention   | Caring has clear impact/small, moderate risk. Response needed   |
|----------------|---|---|---|
| Health         | Carer in good health  | Carer’s health beginning to be affected   | Carer’s health at risk without intervention   |
| Emotional      | Carer has good emotional wellbeing<br><br>Good relationship with cared-for-person   | Caring role beginning to have an impact on emotional wellbeing<br><br>Risk of detrimental impact on relationship with cared-for person  | Some impact on carer’s emotional wellbeing is evident<br><br>Some detrimental impact on relationship with cared-for person  |
| Finance        | Caring is not causing financial hardship - carer can afford housing cost/utilities/food/clothing  | Caring is causing a risk of financial hardship - some difficulty meeting housing cost/utilities/food/ clothing  | Caring is causing some detrimental impact on finances - difficulty meeting housing cost/ utilities/food/ clothing   |
| Life balance   | Carer has regular opportunities to achieve the life balance they want<br><br>They have a broad choice of breaks/activities promoting physical, mental and emotional wellbeing | Carer has some opportunities to achieve the life balance they want<br><br>They have access to a choice of breaks/ activities promoting physical, mental and emotional wellbeing | Carer has limited opportunities to achieve the life balance they want due to caring<br><br>They have access to few breaks/activities promoting physical, mental and emotional wellbeing |
| Feeling valued | Carer feels their knowledge and expertise is always valued by health, social care and other professionals. Consequently they feel included and empowered                      | Carer feels their knowledge and expertise is sometimes valued and consequently they generally feel included and empowered   | Carer increasingly feels their knowledge and expertise is not valued by health, social care and other professionals. Consequently they sometimes feel excluded and disempowered         |

| <b>Indicators</b>  | <b>Caring has no impact/no risk</b>   | <b>Caring has low Impact/risk prevention</b>   | <b>Caring has clear impact/small, moderate risk. Response needed</b>   |
|--------------------|---|--|--|
| Future planning    | Carer is confident about the future and has no concerns   | Carer is largely confident about the future but has minor concerns   | Carer is not confident about the future and has some concerns  |
| Employment         | Carer has no difficulty managing caring and employment/education<br><br>Carer does not want to be in paid work or education | Carer has some difficulty managing caring and employment/education. There is a risk to sustaining this in the long term.<br><br>Carer is not in paid work or education - long term | Carer has difficulty managing caring and employment/education. There is a risk to sustaining this in the short term<br><br>Carer is not in paid work or education but would like to be - medium term |
| Living environment | Carer's living environment is suitable, posing no risk to the physical health and safety of the carer and cared-for person  | Carer's living environment is mostly suitable but could pose a risk to the health and safety of the carer and cared-for person in the longer term                                  | Carer's living environment is unsuitable but poses no immediate risk   |

More targeted commissioned services & support (local authority 'duty to support')

| <b>Indicators</b> | <b>Caring has considerable impact/high risk</b>   | <b>Evidence of critical impact/crisis</b>   |
|-------------------|---|---|
| Health            | Carer's health requires attention   | Carer's health is breaking/broken down  |
| Emotional         | Significant impact on carer's emotional wellbeing<br><br>Relationship with cared-for person is significantly affected   | Carer's emotional wellbeing is breaking/broken down<br><br>Relationship with cared-for person is breaking/broken down   |
| Finance           | Caring is having a significant impact on finances e.g. difficulty meeting housing cost/utilities/food/ clothing   | Caring is causing severe financial hardship e.g. carer cannot afford housing cost/utilities/food/clothing   |
| Life balance      | Carer has few, irregular opportunities to achieve the life balance they want due to caring<br><br>They have little access to breaks/activities promoting physical, mental and emotional wellbeing | Carer has no opportunity to achieve the life balance they want due to caring<br><br>They have no access to breaks/activities promoting physical, mental and emotional wellbeing |

| Indicators         | Caring has considerable impact/high risk  | Evidence of critical impact/crisis  |
|--------------------|---|---|
| Feeling valued     | Carer often feels their knowledge and expertise is not valued by health, social care and other professionals. Consequently they often feel excluded and disempowered  | Carer feels their knowledge and expertise is never valued by health, social care and other professionals. Consequently they always feel excluded and disempowered   |
| Future planning    | Carer is anxious about the future and has significant concerns  | Carer is very anxious about the future and has severe concerns  |
| Employment         | <p>Carer has significant difficulty managing caring and employment/education. There is a risk to sustaining this in the short term.</p> <p>Carer is not in paid work or education but would like to be soon</p> | <p>Carer has significant difficulty managing caring and employment /education. There is an imminent risk of giving up work or education.</p> <p>Carer is not in paid work or education but would like to be now</p> |
| Living environment | Carer's living environment is unsuitable and poses an immediate risk to the health and safety of the carer and cared-for person   | Carer's living environment is unsuitable. There are immediate and critical risks to the health and safety of the carer and cared for person   |