

Family, Carers and Supporters - Your view point matters

This tool can help with sharing important information about your situation or to ask any questions you may have of the clinical care team. It can also help with seeking further support.

Why is my information important for the care team?

- ❖ It can guide you to know what information may be helpful for the clinical care team to know about your situation.
- ❖ It can provide a way to clearly communicate without feeling rushed or under pressure.
- ❖ Though as a carer the person you are supporting is the priority, your needs are important too.

This tool is one way to ensure your voice is being heard. **Your view point matters.**

Filling in this form is optional. You do not need to answer all of the questions, simply fill in what you feel is relevant and only write what you are comfortable to share.

The information in your story can also be sent ahead of appointments or printed off to have on hand. It can be updated or changed at any time.

TIPS

- Less is best -covering the key points (dot points are helpful for the care team)
- stick to the facts
- Write from your own personal perspective not the person you are caring for
- Seek permission from the person you are supporting to write this. Reassure them that it is about your story of supporting and looking after yourself.

Family, carers and supporters- Your view point matters

A little bit about yourself:

You can include your name, address, age, work situation.

Who are you supporting; your relationship to them:

Name_____

- parent
- sibling
- partner
- friend
- neighbour
- Prefer not to say
- Other_____

A little about your background

You can talk briefly about any family history of mental health and/or drug and alcohol challenges in the past if you feel this would be helpful.

Find out more about Symptoms/Diagnosis/Medication

Family, carers and supporters can feel like they have little or no understanding of what is happening for the person they are supporting when it comes to diagnosis and medication. This is completely ok. The care team can support you with this.

Please let us know if you would like to find out more about:

- Diagnosis
- Medication

Is there information you have about diagnosis or medication that you would like to share or any questions you may have?

Medications

Do you help with medication(s) or is this looked after by the person you are supporting or someone else?

- NO
- YES
- Sometimes
- Other_____

Does the person you are supporting have any allergies or have there been reactions to medications in the past that you know of?

- NO
- UNSURE
- YES

Please list/describe reaction _____

Traumatic events can contribute to mental health, drug and/or alcohol challenges. Is there anything you would like to talk to the care team about in relation to this?

- NO
- YES

8. What helps and what doesn't for the person you are supporting?

9. Resources, information or supports you need help with?

10. Questions and/or concerns?

Any other important information you would like the care team to be aware of?