

# CARER SUPPORT AND ASSESSMENT

The New Zealand Guidelines Group has developed a best practice, evidence-based guideline providing recommendations for appropriate and effective processes for assessment of personal, social, functional and clinical needs in older people. This summary covers important issues for carer support and needs assessment.

Carers have particular needs resulting from their carer role. Older carers may have needs due both to their age and carer status. Assessing and supporting the needs of carers results in improved outcomes for both the carer and the care recipient.

Carers should be actively involved in the process of assessment of an older person.

The areas in which carers most often have needs for intervention are:

- respite
- mental health
- relationship with care recipient
- future planning
- family relationships
- emergency planning
- physical health
- basic ADLs
- emotional support for the care recipient
- co-ordination of services
- finances
- equipment
- information
- housing
- transportation
- relationships with services
- language difficulties
- carer abuse.

## KEY RECOMMENDATIONS

- Any request from their carer for an assessment for an older person should trigger an assessment of that person.
- Carer needs assessment should be integrated with any programme of assessment of older people.
- Carers should be assessed for health, training and support needs.
- A specifically designed tool for the assessment of carer needs should be used.
- Carer assessment tools should be adapted for use in New Zealand as necessary.

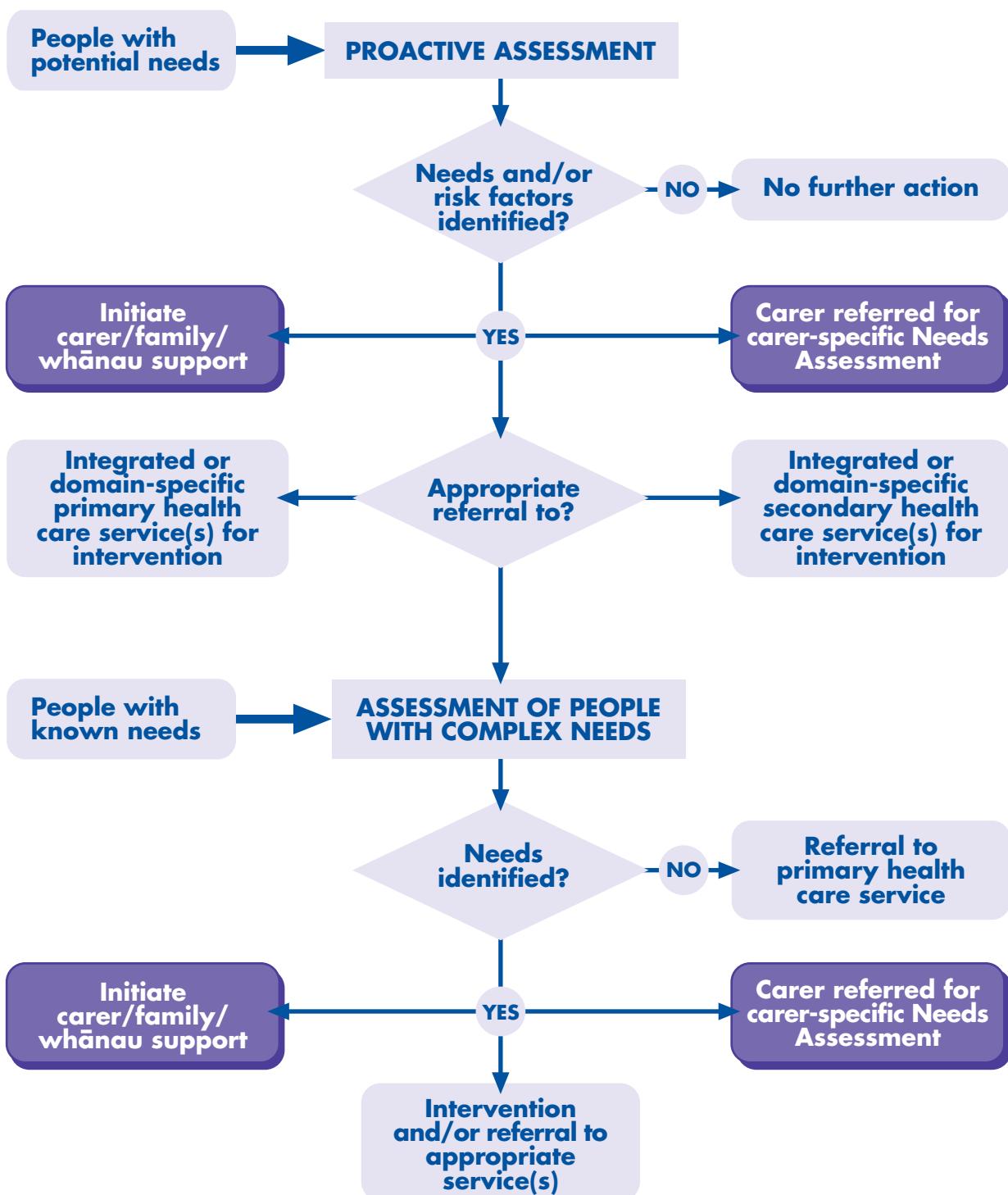
The Assessment Processes For Older People Guideline and summaries have been endorsed by:



Complete endorsement list available in full guideline.



# CARER SUPPORT AND ASSESSMENT: AN INTEGRAL COMPONENT OF THE ASSESSMENT PROCESS



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