

Carer Checklist

If you are not sure if you identify as a carer, please take a look at the below checklist

DAILY, ROUTINE, REGULAR OR OCCASIONAL TASKS Do you perform any of the tasks listed below for a relative or close friend who could not manage without your help due to illness, disability, frailty due to old age, mental health or addiction issues?	Tick only one box per row		
	YES	SOMETIMES	NO
Need to drive them to the GP, hospital or other medical appointments			
Arrange for or prepare meals			
Regular grocery shopping			
Providing personal care (help with bathing, dressing, feeding etc.)			
Providing practical help (help with moving around, getting into bed, up and down the stairs etc.)			
Personal admin e.g., completing forms or documents (e.g., legal, insurance, benefit forms)			
Managing their finance e.g., banking money, paying bills, collecting benefits, managing income and/or spending money.			
Regular housekeeping chores (e.g., cleaning, laundry, cooking etc.)			
Assisting with medications (set-up, dosing, reminders, injecting)			
Collecting prescriptions and receiving pharmaceutical advice on behalf of 'cared for'.			
Liaising with Health and Social Care professionals.			
Take a child/or children to school because a responsible adult is physically or mentally unable to			
Take responsibility of a child/children because a responsible adult is physically or mentally unable to do so			
Keep the person you care for company e.g. sitting with them, reading to them, talking to them etc.			
Take the person you care for out for walks, social events or to see friends or relatives			
Interpret, sign or use another communication system for them			
Providing emotional support to a chronically sick/disabled relative or close friend			

Assessing your responses

If all your ticks are under YES or SOMETIMES	You are an unpaid carer
If all your ticks are under NO	You are not an unpaid carer

If you require any support regarding caring responsibilities, please take a look at our Carers at TSB page which can give you information on the support TSB can offer.

You can also use [BUPA colleague support](https://bupa.co.uk/eaponline) which is available 24/7. You can access this support via bupa.co.uk/eaponline or to speak to a specialist adviser, please phone 0345 600 5764 option 2.