

Living Caring Working

IMPROVING QUALITY OF LIFE FOR PEOPLE WITH A LIFE THREATENING ILLNESS,
THEIR FAMILIES, CARERS AND COMMUNITIES

RESOURCE 5 | Thinking about your needs as a carer

You might like to complete the sections of this resource and pass it to your doctors and family to help them coordinate care that meets your needs and expectations as a carer. You can update this at any time to ensure your care continues to meet your needs.

My physical needs

(i.e. time to exercise, help so I can have time to sleep)

My social needs

(i.e. maintaining contact with family and friends, going to the movies/coffee)

My emotional needs

(i.e. understanding, support in dealing with my responsibilities/grief)

My spiritual needs

(i.e. pastoral care, religious beliefs)

My cultural needs

(i.e. customs, beliefs, traditions that need to be respected)
