

# 10 point checklist: assumptions about carers

## can we assume that a Carer...

1. Recognises themselves as a carer?
2. Is able to voice their concerns?
3. Is 'being difficult' when they appear to be angry?
4. Will read information you provide?
5. Will have the relevant knowledge or skills to deal with a caring situation?
6. Will understand medical and social care jargon?
7. Is willing to care or able to cope?
8. From a Black and Ethnic Minority community will not require services because of their extended family?
9. Is involved in meetings with medical or social care staff?
10. Will be able to support the cared for person to attend appointments?