

## 1. Identification

**Your journey starts here.** The first stage is identifying a carer. Whether that be self-identifying, or a family/ friend or other service sending you our way. Your needs count to us and you could be eligible to access a range of services and entitlements to support you in your caring role.



## 3. Support

**A support plan tailored to you.** Our team will co-work with you to determine your level of need and identify whether you require a **Red (High)**, **Amber (Medium)** or **Green (Low)** level of intervention. We will then create a tailored plan to address your needs - such as through practical solutions, training/ development opportunities, access to specialist services and wellbeing support.



## 2. Assess

**Getting to know your situation.** Access to a Carers Needs Assessment, self-assessment or registration allows us to look at all aspects of your current position, and the support you may require. This includes assessing your caring responsibilities, wellbeing, current support network and your financial/ environmental situation.



## 5. Enable

Our mission is to **"enable carers to thrive"**. Therefore we hope to provide relevant guidance, knowledge and opportunity for you to feel empowered to self-manage your caring role and wellbeing long-term. If you find yourself needing us less - this is a sign of positive progress! However you can feel reassured that we will be available to help if your situation changes and you require further support.



## 4. Review

**Helping you to achieve desired outcomes.** We understand the challenges of being a carer, however we want to support you with finding balance with your own needs and your caring role. We will offer regular reviews and check-ins at different intervals dependent your needs, and will continually review your support plan to ensure you are making positive progress and a long-term positive impact to your life.

