

# Conversation starters to identify carers

These are example questions you could ask to help identify carers



## Who is in your life questions

- Who are the most important people in your life?
- Who worries about you the most?
- Who do you hang out with on weekends or during the week?



## Who would you go to for help if you needed it?

- Do you have any family or friends you would feel comfortable asking for help?
- Who do you rely on?
- Who would you go to help if you needed it?



## Family members as carers

- Do you have any children?
- Does anyone in your family provide care for you?
- What do your family do?



## Who supports you?

- Who supports you when you need it?
- Who is your main support person now?
- Who were other support people in your past?
- What do they do to support you?
- Do you have anyone who provides care for you?
- Is there anyone in your life who you would call a carer?



## Help provided questions

- Do you rely on anyone to do things like shopping, banking or other tasks?