

### NAT-C – Caring for you

#### Needs Assessment Tool for Caregivers

The topics below are often a concern for people close to someone with cancer.

Please rate how concerned you are NOW about each issue, by selecting the item most suitable.

**Level of concern: None Some A lot**

Then MARK IN THE COLUMNS ON THE RIGHT the topics you want to discuss with the GP, nurse or other health provider.

– either sometime soon or at some stage in the future.

Date \_\_\_\_\_

Information issues	Level of Concern			Helpful to discuss with my GP, nurse or health provider		My Notes
	None	Some	A Lot	Soon	Later	
1. Finding general information about cancer						
2. Finding specific information to give to the ill person						
3. What to expect during the illness						
4. How to plan for the unexpected things relating to the illness						
5. How to plan for my future						
6. Ways to care for the person at home, e.g. techniques or equipment						
7. Managing financial matters, e.g. getting Centrelink allowances and other benefits						
8. Legal matters, e.g. preparing or updating a will						
9. Not knowing who to go to with my questions						
10. My ability to give information to the ill person						
<b>Practical issues</b>						
11. My ability to look after myself						
12. My ability to look after the ill person						
13. My medical conditions limit my ability to do things I have to do						
14. The ill person's symptoms limit their ability to function						
15. The ill person is having difficulty looking after him/herself						
16. My skills limit what I want to do for the ill person						
17. Other issues limit my ability to do what I want to do						

Personal health and well-being issues	Level of Concern			Helpful to discuss with my GP, nurse or health provider		My Notes
	None	Some	A Lot	Soon	Later	
18. My own physical health is a concern						
19. I have problems with tiredness or lack of energy						
20. Being a cancer caregiver impacts on my choices						
21. Being a cancer caregiver impacts on my happiness						
22. Being a cancer caregiver impacts on my self-confidence						
<b>Relationship issues</b>						
23. I have problems in close / intimate relationships with the ill person						
24. I have problems in other relationships						
25. My ability to communicate with the ill person is limited						
26. My ability to communicate with others is limited						
27. The ill person has problems in close / intimate relationships						
28. The ill person has problems in other relationships						
29. The ill person has limited ability to communicate with others						
<b>Meaning issues</b>						
30. The illness and its effects are challenging my beliefs and values						
31. The illness and its effects are challenging the ill person's beliefs and values						
32. The illness and its effects are challenging because of my culture, or the person's culture						
<b>Other issues</b>						
33. Are there other topics of concerns? Please list here						
a)						
b)						
c)						