

NAT-CC – Caring for you.

INFORMATION FOR YOU

What is the NAT-CC about?

Caring for someone with a chronic condition is important, but it can affect your own health and well-being. GPs have knowledge and experience to help people with this, so it's OK to discuss non-routine matters with them. You can benefit from this, if the GP knows the concerns about your health and well-being that are on your mind at present. The NAT-CC can help you and your GP to manage these concerns, starting today. Your GP cares about your health.

How does the NAT-CC work?

For you, the NAT-CC helps to name the issues which are important to you about your own health and well-being. Your GP can help you do this. It also helps you to note which of these you would like to discuss with your GP, and whether you would like to do this today or at another time. For you and your GP, the NAT-CC is like a conversation-starter, to help guide what you discuss today. It is also like a planner, to help improve and maintain your own health.

How are my health concerns protected?

Your privacy is important, and what you discuss with your GP is confidential. Without your permission, it will not be discussed with anyone else, including the person that you are caring for.

How can I help my GP to deal with my concerns?

- Complete the NAT-CC before you see the GP, so s/he has a chance to read it before seeing you.
- If there are several issues which you would like to discuss soon, your GP might suggest that you make a further appointment to continue on from today's visit.

INFORMATION FOR YOUR GP

- The NAT-CC lists the common concerns of carers regarding their health and well-being.
- The completed NAT-CC identifies your patient's concerns about his/her health and well-being.
- It also ranks the relative importance of these concerns, and indicates when the patient would like to discuss them – that may not necessarily be today.
- It can be completed by the patient, or with your help.
- The GP Carer Toolkit contains resources which may be useful in responding to your patient's identified concerns. Currently geared to cancer caregiving.
- You may wish to flag with the patient any issues of concern s/he does not wish to discuss.
- If your patient identifies several concerns to discuss today, you may wish to discuss those of most importance to the patient, and suggest another appointment to complete the rest.

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Needs Assessment Tool for Carers

The topics below are often a concern for people close to someone with a chronic condition. Please rate how concerned you are NOW about each issue, by circling a number from 1–3.

Level of concern: 1 = None 2 = Some 3 = A lot

Then MARK IN THE COLUMNS ON THE RIGHT the topics you want to discuss with the GP – either today or at some stage in the future.

If there are more than 3 marked to discuss now, number the 3 which are most important.

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

Level of concern (circle one):	None	Some	A lot	Wish to discuss with the GP? (Circle one)	
				Now	Later
Personal health and well-being issues					
18. My own physical health is a concern	1	2	3	Y	Y
19. I have problems with tiredness or lack of energy	1	2	3	Y	Y
20. Being a carer impacts on my choices	1	2	3	Y	Y
21. Being a carer impacts on my happiness	1	2	3	Y	Y
22. Being a carer impacts on my self-confidence	1	2	3	Y	Y
Relationship issues					
23. I have problems in close/intimate relationships with the ill person	1	2	3	Y	Y
24. I have problems in other relationships	1	2	3	Y	Y
25. My ability to communicate with the ill person is limited	1	2	3	Y	Y
26. My ability to communicate with others is limited	1	2	3	Y	Y
27. The ill person has problems in close/intimate relationships	1	2	3	Y	Y
28. The ill person has problems in other relationships	1	2	3	Y	Y
29. The ill person has limited ability to communicate with others	1	2	3	Y	Y
Meaning issues					
30. The illness and its effects are challenging my beliefs and values	1	2	3	Y	Y
31. The illness and its effects are challenging the ill person's beliefs and values	1	2	3	Y	Y
32. The illness and its effects are challenging because of my culture, or the ill person's culture	1	2	3	Y	Y
Other issues					
33. Are there other topics of concern? Please list here:					
a)	1	2	3	Y	Y
b)	1	2	3	Y	Y
c)	1	2	3	Y	Y

Thank you for taking the time to think about these issues.
Your GP is interested to discuss them with you when it is convenient,
or to help you find someone else who can.