

Informal Care Scan

Date:

Name organisation:

Name employee:

Name client:

Name/names family caregiver(s):

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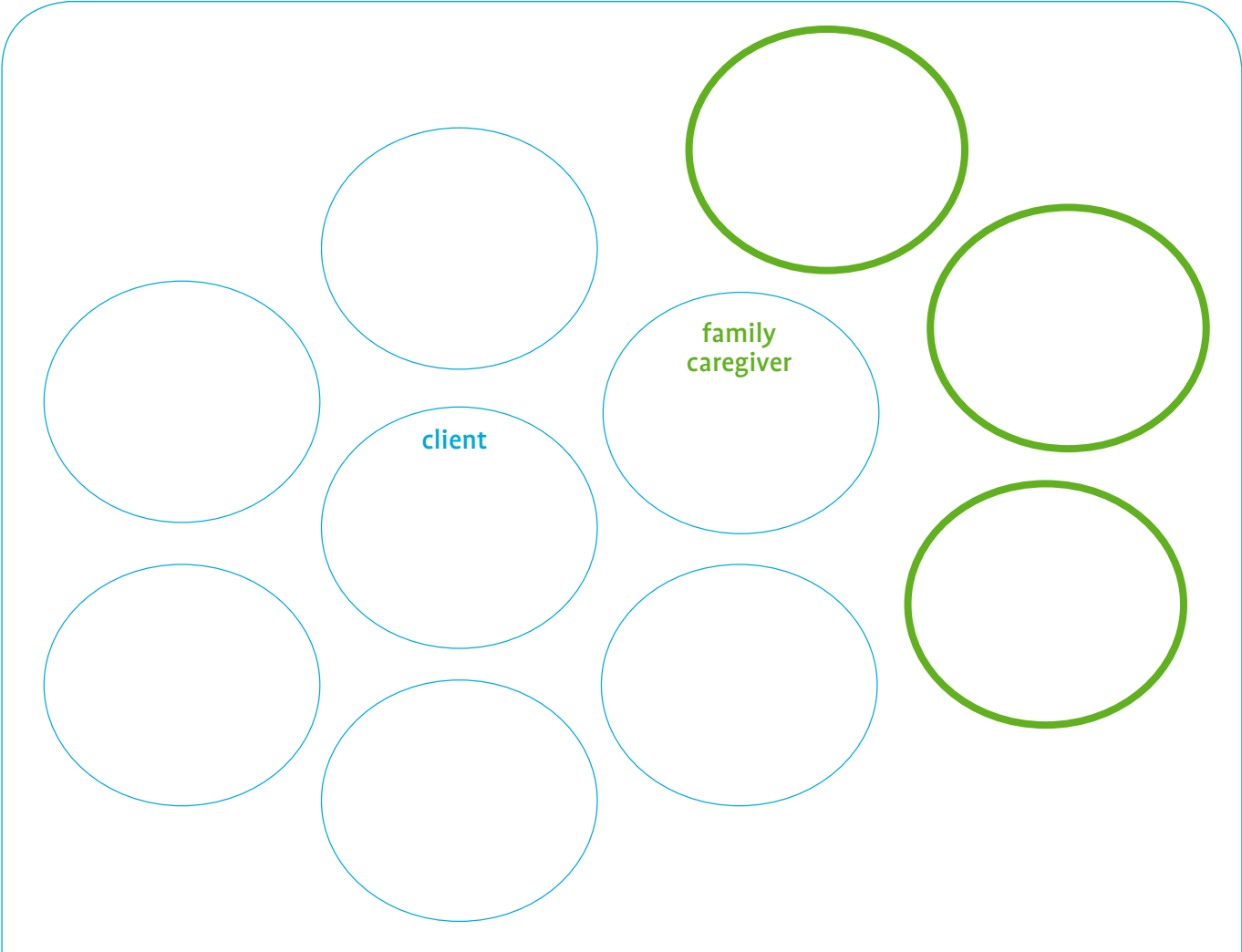
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Genogram

Ecomap - the care network



Type of network

- Mixed
- Family
- Professional
- Pivotal care

Legend

- (ES) Emotional support
- (CO) Counselling (during visits)
- (HH) Household help
- (TCT) Therapy, convalescence or treatment
- (PH) Practical help
- (PC) Personal care
- (NH) Nursing help
- (SC) Supervision and control

1. Nature of the care requirement

A. Where is the patient?

- At home
- Protracted stay in care institution
- Short stay in hospital / revalidation
- Other, viz

B. How often is care required?

- Incidental during the day
- Regularly during the day
- Continually during the day
- Day and night

C. What kind of care is given?

- Emotional support
- Counselling (during visits)
- Household help
- Practical help
- Personal care
- Nursing help
- Supervision and control
- Therapy, convalescence or treatment

D. What kind of disorder or illness does the patient have?

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E. Is it possible to estimate the duration of the care needed?

- Several days or weeks
- Months
- One year or longer
- No end in sight

F. What is the expected outcome of the pathological process?

- Expected recovery
- Stable
- Alternating good and bad periods
- Progressive
- Terminal

G. How predictable is the course of the pathological process?

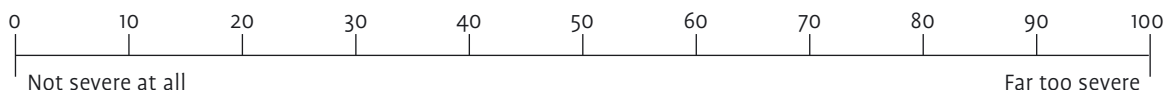
- Reasonably predictable
- Uncertain outcome
- Unexpected crisis situation

H. How does the client react on his or her illness/condition?

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2. The caregiver

A. Self-rated burden scale:



B. Perceived pressure through informal care (PPIC – Dr A.M. Pot (1995))

1. Because of my 's situation, I don't have much time for a social life	No!	No	More or less	Yes	Yes!
2. The responsibility for my, combined with my work and/or my family, is not easy	No!	No	More or less	Yes	Yes!
3. Because of my involvement with my, others suffer	No!	No	More or less	Yes	Yes!
4. I am always at the beck and call of my	No!	No	More or less	Yes	Yes!
5. My independence is compromised	No!	No	More or less	Yes	Yes!
6. The situation of my constantly demands my attention	No!	No	More or less	Yes	Yes!
7. Because of the involvement with my, there are conflicts at home and/or at my work	No!	No	More or less	Yes	Yes!
8. The situation of my, won't go away	No!	No	More or less	Yes	Yes!
9. In general, I feel a lot of pressure as a result of the situation of my.....	No!	No	More or less	Yes	Yes!

Score:

C. Have there been any changes in your income and expenses as a result of your caregiving?

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D. How do you use energy and what is your source of energy?

Remark: Expending energy could be due to time, development, physical, social and emotional pressures. Sources of energy can be good friends, support from colleagues, sports and / or hobbies.

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Fill in the three most important outcomes on the Ecomap in each of the three (thickly-lined) green circles at the top right.

3. Ecomap - the network

Use answers from A, B and C to fill in the Ecomap.

Composition of the network

A. How many people are involved?

- Flexible according to needs
- Five or more permanent members
- About three permanent members
- One person

B. What is the composition of the network?

- Close family
- Friends, neighbours acquaintances, (former) colleagues
- Volunteers
- Professionals

Who does what, how much and how often?

C. Determine who does what in the network and fill this in on the Ecomap

Cohesion and competences

D. Is there good cooperation in the network?

- It is possible to discuss difficult matters
- Discussion of difficult matters is avoided
- There are frustrations and conflicts

E. Does the family have sufficient bureaucratic skills?

- E.g. familiarity of the arrangements, support, linguistic skills language skills, bureaucratic jargon, social skills (assertiveness)
- Several members
 - A single member
 - None

4. Advise and conclusion

E.g.: advice to individual family caregivers and advice in support of the network.

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