

What is the Carer's Star?

The Carer's Star is a version of the Outcomes Star for supporting and measuring change when working with carers. It is an outcomes tool, which means that it enables services to measure and summarise change across a range of carers and projects. It is also designed as a motivational key work tool, to support carers in making changes. It does this by providing a map of the steps and a way of plotting their progress and planning their next steps.

The Carer's Star looks at eight areas where people might need support:

1. Physical health
2. Day-to-day tasks
3. Well-being & managing stress
4. Caring with confidence
5. A life of your own
6. Relationships
7. Support
8. Financial

For each of these eight areas there is a 5-point scale, which will be used to identify where the person is at this point in time and what the next steps are for them to take. Each of these scales is built on a journey of change that is described in the Carer's Star. The scales describe carer's attitudes and behaviour in relation to each of the eight areas and also the severity of the issues they face.

Each step has a number. By marking each of the numbers on the Star you can get an all-round picture of their life and where help might be needed. The Star is repeated at review – the difference between the two Stars gives a picture of how things are changing. For further information on carers stars please visit www.outcomesstar.org.uk

The development of an Outcomes Star for carers is supported by Triangle Consulting Social Enterprise in collaboration with Social Enterprise in East Lothian and Carers Trust. The Outcomes Star is currently in the pilot stage (June-November) of its development. Twenty - two of Carers Trust's Network Partners (from across the UK) are using the draft tool with carers over the next 3 months, recording feedback and comments to shape the final version which will be finished and freely available to all in early 2014.

We welcome and encourage feedback from stakeholders on the development of the Star; we have arranged to present the pilot materials to carers leads groups in the SE and SW to gain valuable feedback. If you would like discuss the development of the star, find out more or share any comments please contact Fergus Arkley (Development Manager Carers Trust) farkley@carers.org