Does your GP surgery know you are a carer?

Are you providing help and support to a relative, partner or friend who cannot manage because of disability, illness or frailty?

Form 1 - Registration of Carer
I would like it recorded on my personal medical records (and where applicable of the person I care for) that I am a carer.

Name:..................................................................
Address:..............................................................
Postcode:.........................................Tel:...............................
Date of Birth:......................................................
Email:.................................................................
GP Surgery:.......................................................
Relationship to Cared For:.................................
Signature of Carer:..........................................

I give my consent for my details and the person I care for to be passed onto Cheshire and Warrington Carers Trust and I would like to receive their regular newsletter and other relevant mailings from the centre.

Signature:............................................................

Form 2 - Registration for the person you care for
I am cared for and supported by the person whose details are above. I am registered with this GP surgery and would like the contact details of my carer/next of kin recorded on my personal medical records.

My Name:............................................................
Tel:........................................................................
Signature:........................................Date:................

Further Information
Cheshire & Warrington Carers Trust
For support and more information about caring including your benefits and rights as a Carer, please contact us on 0800 085 0307 www.carers.org/cheshire

Carers Trust 4All (previously Crossroads)
Tel: 0151 230 1132 Cheshire West
www.carerstrust4all.org.uk
Provides practical support to carers and people with care needs.

Making Space
Tel: 01925 571680
www.makingspace.co.uk
Provides dementia support services, support and care for older people and their friends, families and carers. It also provides support for adults who suffer from severe and enduring mental ill health and their carers.

Contact a Family
Tel: 0808 808 3555
www.cafamily.org.uk
Provides advice, information and support to families with disabled children across the UK.

Alzheimer’s Society
01244 851351 Chester
01606 781110 Northwich
www.alzheimers.org.uk
Provides support, information and advice to carers of people with a form of dementia.

Cheshire Young Carers
Tel: 0151 3569497
www.cheshireyoungcarers.org
Provides support for young carers.
How do I let my GP surgery know I am a carer?

Simply complete Form 1 Registration of Carer overleaf and hand it to your GP Surgery. The surgery will make a note on your medical records and (where applicable on the records of the person you care for, that you are a Carer.

If you would like your details to be forwarded to Cheshire & Warrington Carers Trust, please also sign the bottom of this form. They will send you information such as regular newsletter, how to register for a Carers Emergency Card and help access grants and funds. They will inform you of any events happening in your area.

What about the person I care for?

If the person you care for would like your GP surgery to know that you are their carer, please ask them to complete Form 2 Registration of the person you care for overleaf. You can then hand both forms to your GP reception.

If the person you care for is not registered at the same GP surgery, ask the receptionist for another copy of this leaflet, complete Form 2 and hand it to their GP reception.

Help and support your surgery may be able to give you

• Access to a Carers Information Pack and other information
• Refer you to Cheshire & Warrington Carers Trust and other helpful organisations which support carers and families
• Give you appointment times to fit in with your caring role
• A health check if caring for someone is affecting your health
• A flu jab
• Information about a Carers Needs Assessment - so that your needs can be considered

Carers Experiences

“I hadn’t realised how much caring was affecting my mental health.”

“At school it is sometimes hard to concentrate. I can’t really talk about it with my friends because they don’t really understand what it is like being a carer.”

“I became a carer overnight, when my son Paul was born with severe brain damage.”

“It’s true that we miss out on a lot because of the caring responsibilities; we can’t leave her (daughter) out. Our local carers’ centre has been wonderful support and I can’t praise them enough. They have given both emotional and practical help.”

“Ronnie a carer does not have the opportunity to go out much, which inevitably impacts on his own health. He admits being in one place all the time can be depressing. It can be claustrophobic.”

Carers Needs Assessment

You have a right to a Carers Needs Assessment if you are providing regular and substantial care for someone for whom social services provide or could provide services.

Contact Adult Social Care:
Cheshire West: 0300 123 8123

Taken from the Carers Trust Website - Carers’ stories