

Name(s):

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The person/people I care for is/are my *(Please tick the relevant box)*

parent(s)	<input type="checkbox"/>	parent(s)-in-law	<input type="checkbox"/>
Husband	<input type="checkbox"/>	Wife	<input type="checkbox"/>
Partner	<input type="checkbox"/>	Daughter	<input type="checkbox"/>
Son	<input type="checkbox"/>	Other family member	<input type="checkbox"/>
Friend	<input type="checkbox"/>	Neighbour	<input type="checkbox"/>

The person I care for is registered with the same practice as I am - Yes  No

If No, please give name and address of GP practice they are registered with:

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Whether you Care for a few hours a week, or for 24 hours a day, Carers Together can offer you a wide range of confidential and independent services, helping you to Care.

Local area coordinators can be contacted at:

Carers Together  
23 Queen Street  
Redcar  
TS10 1AB

Tel - 01642488977

E-mail -  
[carerstgether@btconnect.com](mailto:carerstgether@btconnect.com)

The Green House Surgery

# Carers

Does someone at home or in the neighbourhood depend on you to help with the tasks and/or responsibilities of everyday living?

Perhaps you care for someone in the family or for a friend?  
If so, you are a carer and might like some support for yourself.

You may have been caring for the person for some time already, regularly helping them with everyday tasks or giving them the sort of support they need to stay in the family home.

You may see it as a part of your life or your duty to care for your Mum or Dad, your partner, your child or friend, but there may be times when you need information, advice or some extra help.

When you are a carer it is often difficult to have a real break because someone depends on you to look after them. You can get tired and run down, and your health may possibly suffer.

Telling your GP can help him/her to support you and make sure that you yourself get the right sort of care. **You are important too.**

Carers themselves have felt that it is important that GPs recognise and value the work that they do as carers.

The government has responded by encouraging GPs to make special arrangements to support carers.

Your GP's surgery is trying to trace all those patients who are carers and set up a carers' register. This will mean that carers like you are known to everyone at the surgery and steps are taken to support you.

**If you want your doctor to know that you are a carer, fill in the form opposite and hand it in at the practice.**

**Your name can then be added to the Carers' Register.**

**Any information you provide will be kept confidential.**

As a registered carer you are entitled to an annual health check by your GP or the practice nurse.

## Carers' Register

I am a carer. I want my name to go onto my GP's Carers' Register and give permission for this to be noted on my medical records.

**My Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**My Address:** \_\_\_\_\_

\_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**I care for the following:**

**(Continue overleaf)**



However all carers are individuals and your local council may provide any service to you that they think will help you care or help you maintain your wellbeing. So you may have some ideas of your own about services that would help you that you want to talk through with social services. Other services that you might want to discuss with them are those that may help the person you look after.

#### Other things you may want social services to tell you about:

- Local or national support organisations you could contact
- Other help you could get
- Any charges for services
- What to do if you wish to complain

#### Contacting social services to ask for an assessment.

The telephone number of your local council social services department will be found in your local telephone directory under local authority and then community information, or speak to your own GP.

#### Other useful contacts for carers

Carers National Association (CNA) 0808 808 7777  
[www.carers.uk.demon.co.uk](http://www.carers.uk.demon.co.uk)

Contact a Family 020 7383 3555  
[www.cafamily.org.uk](http://www.cafamily.org.uk)

Crossroads caring for carers 01788 573653  
[www.crossroads.org.uk](http://www.crossroads.org.uk)

Princess Royal Trust for Carers (PRTC) 020 7480 7788  
[www.carers.org](http://www.carers.org)

Your local social services department will tell you about other local organisations.

The Department of Health carers web site may be found at [www.carers.gov.uk](http://www.carers.gov.uk)



## How to get help in looking after someone

### A Carers guide to a carers assessment

*If you look after a relative, disabled child or friend and caring has a major impact in your life then a carer's assessment could help you.*







1. You are a “carer” if you look after a relative, friend or disabled child who needs support to live at home. Your local council Social Services Department may be able to help to make things easier for you.
2. They can provide services to the person you care for. They can also provide services for you.
3. To work out what services would be helpful in your situation, social services need to discuss
  - The help the person you care for needs
  - The help you are giving at the moment
  - The services your council may provide.

The way this is done is called an “assessment”

#### 4. You as a carer may be involved in several ways:

- If you care for a disabled child your needs will be considered as part of an assessment of needs of your child and family
- If you care for an adult you can have a carers assessment to discuss the help that you need. This can happen even if the person you care for refuses help. You should also be able to contribute to the discussion of the needs of the person you care for (their Community Care assessment).

#### 5. What your assessment is for

Your carer’s assessment is your opportunity to tell social services about the things that could make caring easier for you.

#### Some things you may want to think about:

- ▶ Do you get enough sleep?
- ▶ Is your health affected in other ways?
- ▶ Are you able to get out and about?
- ▶ Do you get any time for yourself?
- ▶ Are your other relationships affected?
- ▶ Do you want information about benefits?
- ▶ Are you worried you may have to give up work?
- ▶ Is the person you care for getting enough help?

#### 6. What sort of services might help you:

- services that give you a break
- emotional support from other carers or people who understand
- help with household tasks
- help with caring tasks during the day/night
- benefits advice
- activities for the person you care for

