

HELPFUL CONTACTS

Devon Carers	0845 6434 435
NHS Choices	www.nhs.uk
Carers UK Adviceline Open: Mon to Fri 10am - 4pm	Email: advice@carersuk.org 0808 808 7777
Carers UK	www.carersuk.org 0808 808 7777

THE COLERIDGE MEDICAL CENTRE

CANAAN WAY, OTTERY ST MARY, DEVON, EX11 1EQ

PATIENT INFORMATION LEAFLET

AM I A CARER?



If you look after someone, you may be entitled to a range of support from both local services and the practice. As a GP practice, we have a role in supporting carers' health and we work closely with carers support agencies and local voluntary sector organisations to identify and support carers and their families who visit the practice.

DO YOU LOOK AFTER SOMEONE?

When people need help with their day-to-day living, they often turn to their family and friends. Looking after each other is something that we do. Up and down the UK there are 6.5 million people caring unpaid for an ill, frail or disabled family member or friend. These people are called carers but they would probably say "I'm just being a husband, a wife, a mum, a dad, a son, a daughter, a friend or a good neighbour".

Carers help with personal tasks like getting someone dressed, turning them in their sleep, helping them to the loo, helping them move about or administering their medication. Carers also help with things like shopping, laundry, cleaning, cooking, filling in forms or managing money.

CONDITIONS WHERE SOMEONE MAY HAVE A CARER

People with the following conditions are likely to have an unpaid carer.

- Addiction (alcohol and substance misuse)
- Autism (Autistic Spectrum Disorder)
- Cancer
- Cardio-vascular/heart disease/stroke/cerebrovascular disease
- Congenital physical conditions, e.g. cerebral palsy, spina bifida
- Cystic fibrosis
- Degenerative musculo-skeletal conditions, e.g. arthritis
- HIV/AIDS
- Learning disability
- Mental ill health such as anxiety, depression, schizophrenia, obsessive compulsive disorder, self-harm, post-traumatic stress disorder or suicidal behaviour
- Dementia
- Motor Neurone Disease/ALS/muscular atrophy
- Multiple Sclerosis
- Parkinson's disease
- Physical disability due to injury/accident/combat injury
- Respiratory disease/COPD (Chronic Obstructive Pulmonary Disease)
- Sensory impairments such as blindness, limited sight, deafness or limited hearing

HAVE YOU REGISTERED AS A CARER WITH US?

If you are a carer, it is important that you register with us so that we are aware and we can inform you of local support services. As a GP practice, we know that by supporting you better, we are also supporting the person you care for.

If you would like to notify us that you are a carer, please call us or complete and return the carers' registration form enclosed with this leaflet.

WHAT YOU MIGHT BE ENTITLED TO AS A CARER?

As a carer you are entitled to:

- an annual flu vaccination
- a Carer's Assessment
- access to local and national support groups

You may also be entitled to:

- short breaks
- benefits (e.g. Carer's Allowance)

WHAT WE'RE DOING TO SUPPORT CARERS

The Coleridge Medical Centre is committed to supporting carers locally by improving how we identify and support those who look after a loved one. We are:

1. supporting Carers Week
2. helping people identify themselves as carers and adding them to our carers' register
3. signposting carers to useful information and support
4. appointing a carers lead/champion
5. educating staff on the benefits of identifying and supporting carers in their everyday work
6. involving the carer in planning the care of people they are looking after
7. asking patients for permission to share their information with their carers
8. flu vaccinations for carers
9. providing health checks for carers as appropriate
10. providing appointments at convenient times for carers and the person they are caring for