Letting your GP know that you are a carer

Name(s): ______________________
______________________________________

The person/people I care for is/are my:

(please tick relevant box)

- Parent(s)  
- Parent(s)-in-law
- Husband
- Wife
- Partner
- Daughter
- Son
- Other Family member
- Friend
- Neighbour

The person I care for is registered with the same practice as I am:

- Yes
- No

If no, please give the name of the surgery or GP who treats this person you care for:

……………………………………
……………………………………

Office Use Only:
Details coded and entered by:
Initials: ……………………..
Date: ……………………

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

The local area co-ordinators can be contacted at:

SHABNAM SARDAR
Tel: 01706 925808

Sandra Montgomery
Tel: 01706 925808

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?

Is so, you are a carer and might like some support yourself.
The Government has responded by encouraging GPs to make special arrangements to support carers.

Hopwood Medical Centre is trying to trace all those patients who are carers and set up a carers' register. This will mean that carers like yourself are known to everyone at the surgery and steps can be taken to support you.

If you want your doctor to know that you are a carer, please complete the form opposite and hand this in to reception.

Your name can than be added to the surgery's Carers' Register.

Any information you provide will be kept confidential.

As a registered carer you are entitled to annual health check by your GP or the Practice Nurse.

You are important too, you know.

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

I care for the following:

Please see overleaf

ARE YOU A CARER?

You may have been caring for a 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 possible suffer.

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

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

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

My Name:

Date of Birth:

My Address:

Signature:

Date: