

Does Your GP Surgery Know You Are a Carer?

If your surgery doesn't know you are a carer it may be helpful if you let them know. Ask your GP practice receptionist to put you on their Carer Register. You can use the slip below to provide the information they need. The benefits include:

- Some GP practices have arrangements in place for Carers and will do their best to see you at a convenient time. You should also be contacted about flu jabs and other services relevant to you as a Carer. The staff will also be able to give you information about local support services for carers.
- If the person you care for is also a patient at the same practice as you, make the reception staff aware. If not, you may also want to think about letting the practice that your cared for person goes to know that they have a Carer.
- Communication is key. Be open with health and social care professionals about the impact your caring role has on you. The more they know, the better they can support you.
- All patients' records are confidential so if you need a GP to discuss information with you about the person you care for, speak to the receptionist to find out what arrangements, if any, your practice has in place, and what you need to do to help make this happen.

For the attention of _____ (surgery name)

Please could I be added to the practice's carers register?

Carer's details

Name _____ Date of Birth _____

Address inc postcode _____

_____ Tel: _____

NHS number (if known) _____

Further information (e.g details of emergency contacts) _____

Signature _____

Details of cared for person

Name _____ Date of Birth _____

Address inc postcode _____

NHS number (if known) _____

Signature (if appropriate) _____