

Do you look after someone who couldn't manage without you?

Do you look after a family member (child or adult), partner or friend who needs help because of their illness, frailty, disability, a mental health problem or addiction and cannot cope without your support?

Looking after our loved ones can be pretty full on most of the time especially if they need extra support in these circumstances. We all want the best for them but hours can be long and breaks scarce. But there is help available and we don't have to manage all alone.

Would you like to find out how your GP Practice can help?

Letting your GP Practice know about the support you provide can help them better understand your needs so they can enable you to get the right information, support and services.

Don't worry, identifying yourself as a 'carer' does not mean you will be judged or have people telling you what to do. It's really all about this:

- Helping you to stay healthy by better meeting your needs
- Ensuring that your caring role is recognised, valued and your voice is heard
- Being better informed about the help and support for carers available in your own a community
- How to request help so you can take a break from caring when you need to
- And finding opportunities to learn or work

How to let your GP Practice know about your caring role

Fill-in the form included in this pack. You can either type directly into the form on screen or print it off and fill it in by hand. Give the completed form and a copy of the GP letter below to your Practice reception and ask them to register you as a carer.

Each Practice is different and they may ask you to fill-in their own form but they should then update your information on the Practice computer system so your GP and Practice staff team will know how best to help you.

You can also get help from one of the organisations listed on the next page.

Useful information

Support in and around Hampshire:

Connect to Support Hampshire website

An online directory to find a range of information and services across Hampshire:

www.connecttosupporthampshire.org.uk/carersupport

Carers Support and Dementia Advisor Service- Andover Mind (supports all carers)

Tel: [01264 332297](tel:01264332297) Email: enquiries@andovermind.org.uk Website: www.andovermind.org.uk

Princess Royal Trust for Carers in Hampshire

Tel: [01264 835246](tel:01264835246) | Email: info@carercentre.com | Website: carercentre.com

Carers Together

Tel: [01794 519495](tel:01794519495) | Email: admin@carerstogether.org.uk | Website: www.carerstogether.org.uk

Age Concern Hampshire

Tel: [01962 892447](tel:01962892447) | Email: info@ageconcernhampshire.org.uk | Website: www.ageconcernhampshire.org.uk

Carer's assessment – Hampshire County Council

Anyone who may need support in their caring role has a right to a carer's assessment. Find out more here:

www.hants.gov.uk/socialcareandhealth/adultsocialcare/carers-assessment.

For carers under the age of 18 contact the Hampshire Young Carers Alliance: hyca.org.uk

About the work in Hampshire to support Carers:

Hampshire Joint Carers Strategy

democracy.hants.gov.uk/documents/s19353/Carers%20Joint%20Strategy.pdf

Hampshire Carers Charter

documents.hants.gov.uk/adultservices/strategy-plans/hampshire-carers-charter.pdf

National support

Carers Trust

Tel: [0300 772 9600](tel:03007729600) | Email: info@carers.org | Website: carers.org

Carers UK

Tel: [020 7378 4999](tel:02073784999) | Email: info@carersuk.org | Website: www.carersuk.org

Social care and support guide (NHS)

This website explains your options and where you can get support.

www.nhs.uk/conditions/social-care-and-support-guide

Citizens Advice: Carers: help and support

www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support

Registering Carers in Primary Care

Dear GP Practice,

'Unpaid' Carers make a significant contribution to the health and care system, but sometimes this can be detrimental to their own health. Looking after our carers is extremely important as this can reduce demand on our overstretched services and prevent carer or family breakdown. We need to support our carers to enable them to have a life outside of their caring role.

NHS England has acknowledged that there is a need to improve the registration and assessment of Carers in primary care, so that their needs can be identified more quickly and before their health and wellbeing deteriorates¹.

We are asking organisations in Hampshire for their help to encourage patients who are carers to register with their Surgery. Can you help too?

The Carer registration form overleaf has been developed as a part of the Hampshire Carers Strategy and approved by the Hampshire Carers Partnership Board to assist the GP registration process, as this is a key part of the Hampshire Carers Strategy. The aim is to increase the number of carers being registered across the County.

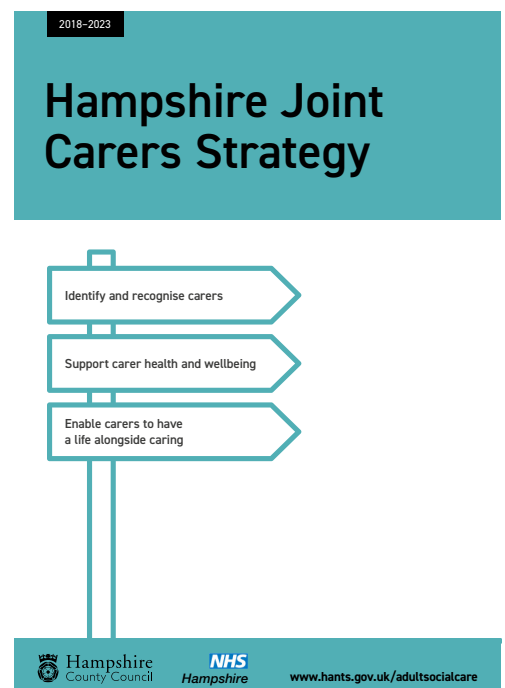
We acknowledge that many Practices have their own Carer registration procedure. Therefore, this form is not intended to replace your existing carer registration process (unless you choose to). You may also wish to add this as an online form on your website to collect the information electronically.

We would be grateful if you would accept the information provided by your patient overleaf for processing on your system and flag as necessary.

Once your carers are registered, you may like to offer more flexible appointments, video appointments, promote flu vaccinations, NHS Health Checks and other Carer friendly adjustments you offer.

With thanks

Hampshire Carers Partnership Board



¹ www.england.nhs.uk/commitment-to-carers/carers-toolkit

Carers' GP Practice Registration Form

Full name:

Date of birth:

NHS number (if known):

Home address:

Postcode:

Telephone number:

Email:

Name of GP Practice:

Postcode of GP Practice:

Additional needs (if any) – for example interpreter support, large print, easy read:

About your caring role

Relationship to person cared for:

Are they registered at the same practice as you?

Yes No

Are you their next of kin?

Yes No

Are you their main carer?

Yes No

Consent to share

I give consent for my details to be added to the GP Practice Carers Register

Signature:

Date: