

Please record me as a Carer on my GP patient record

Date	<input type="text"/>
Name	<input type="text"/>
Address	<input type="text"/>
Date of Birth	<input type="text"/>
Mobile No.	<input type="text"/>
Email	<input type="text"/>
NHS No. (if known)	<input type="text"/>



Contact Us

- Phone: 0300 302 0061
- Email: support@carersek.org.uk
- Text: 07545 916214



Carers' Support East Kent is a charity that provides Carers with the information and support they need. Our services are available to people looking after a relative or friend, who due to physical or mental illness, age related difficulties, disability or an addiction, cannot manage without their support.

Innovation House, Discovery Park, Ramsgate Rd, Sandwich, Kent CT13 9ND
| Registered charity number 1136904 | Company limited by guarantee number 7213672

On behalf of



Kent Carers Matter
WORKING TOGETHER AS A VOICE FOR CARERS

A Network Partner of
CARERS TRUST



How to register as a Carer with my GP Practice

For people looking after a relative or friend, who due to physical or mental illness, age related difficulties, disability or an addiction could not manage without support.

If your General Practitioner (GP) knows that you are a Carer, they can provide you with really useful support and information

Caring can take its toll on your health and so it's helpful for your GP to know about any extra pressures you are facing that might have an impact on your physical health or emotional wellbeing.

Your GP can also let you know about available support or services in your area. They may be able to recommend or refer you to suitable specialists including occupational therapists, physiotherapists, continence advisers and dieticians or other more general sources of support your primary care team can offer.

All GP Practices have a Carers register and are able to record on your medical record that you are a Carer.



You could ask your GP or local practice about:

- Free flu vaccinations
- If it is possible to arrange double appointments with the person you care for to save visiting the practice twice
- Arranging for repeat prescriptions to be delivered to your local pharmacy
- Any recent developments on treatments for the condition of the person/ those you care for
- How you can balance the caring needs of the person you look after with your own
- Local services such as continence services and patient transport to hospital appointments
- Other sources of support and advice
- How to arrange home visits if your caring responsibilities make it difficult to attend appointments at the surgery.

You can complete the slip on this leaflet and hand/post to your GP Practice or email your practice to ask to be recorded as a Carer

To the Practice Manager

I'm writing to ask to be recorded as a Carer on my GP patient record. I understand that there are relevant SNOMED codes to record that I'm an unpaid Carer on your systems, and NICE guidelines which outline good practice in supporting unpaid carers (NG150).

I wish to be registered so that I can be offered health information and vaccinations, such as the annual flu and COVID-19 vaccinations or boosters, as well as any other relevant support. I believe this will also be helpful so that the health needs of the person I care for can be considered if I am unable to continue caring for them.

I understand that changes may need to be made to my GP health record and that the GP, or a member of the GP practice, may need more information before my record is changed. I am available to provide further information as necessary.

I confirm that **(Please tick any that apply):**

- I am the main Carer for a person who would be at risk if I were to fall ill.
- I receive Carer's Allowance. (you do not need to be in receipt of Carer's Allowance to be a Carer)
- I am happy for a member of the GP practice team to ask me about this person, and the care I provide if needed.

I also confirm that the GP practice may contact me using the information stated overleaf.

Thank you (please turn over for my details).