

Carers in practice

Are you looking after somebody?



If you are caring for a relative, friend or partner who has an illness, frailty, disability or addiction, then you are a carer and may need extra support from your GP practice.

How can I make sure the GP is willing to share information about the person I care for?

Where appropriate the person you care for needs to give their consent. The patient confidentiality form at the back of this leaflet should be signed by you as their carer, your GP or practice nurse and the person you care for.

How can I register as a carer?

You do not need to wait until you see your GP, you can simply complete the form at the back of this leaflet and hand it to the receptionist at your GP practice.

How do I get the help I need when seeing my GP or other healthcare professionals?

- Prepare a list of things that you wish to ask your GP to help you in your caring role.
- Ask for details of support agencies in your area and request a referral to the Carers Centre.
- Talk to your GP about your own health concerns
- Ask about services for carers at your GP practice
- Talk to your GP if you feel you need a break

Why should I tell my GP that I am a carer?

To enable your GP and the staff at the practice to provide you with help and support. This could help to reduce the stress of your care giving role and help you to continue to give the quality of care that is required.

You may also need support for yourself to look after your own health needs and to ensure that you have time to yourself.

How does this affect the patient that I am caring for?

Your GP practice wishes to improve the quality of patient care by listening to and communicating with patients and their carers. This will involve working with the patient or their carer and a member of the primary healthcare team.

Who else will be told about my caring role?

With your permission your GP practice may refer or sign- post you to additional support organisations such as Enfield Carers Centre for help and advice, or refer you for a Carers Assessment.



Information about a patient's health and consent form.

- Where appropriate ask patients who have carers if they give consent for their personal information to be discussed with the carer.
- Provide carers with information about the diagnosis, treatment, including medication, and possible side effects and prognosis of the patient.
- Obtain consent from all parties involved.

'I agree to information about my health being discussed with my carer.

I will contact the GP practice if this information changes.'

Carer's name:

Patient's name:

Patient's illness or condition

In the presence of: GP/practice nurse

Name:

Role:

Date:

Patient's signature:

Carer's signature:

Telephone: 0208 366 3677

Email: healthcaresupport@enfieldcarers.org

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