

The person/people I care for are :  
(Please tick)

- Parent
- Parent-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 address of the surgery or the name of the GP who treats the person you care for:

.....

.....



**Carer Support Wiltshire**  
**is a local charity supporting**  
**unpaid carers**  
**in Wiltshire.**

To get some free help and advice from us at Carer Support Wiltshire, you can:

Give us a call FREE on  
**0800 181 4118**

Our phone lines are open Monday - Thursday 9:30-4:30, Friday's 9:30-4:00.

You can also email us at  
**admin@carersupport**  
**wiltshire.co.uk** or message us  
on Facebook - find us  
**@CarersWiltshire**

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# Letting your GP know that you are a carer

(This does not include people employed to provide care)

Does someone at home or in the neighbourhood depend on you to help with the tasks and responsibilities of every day living?

Perhaps you care for someone in the family or for a friend?

If so, you are likely a carer. We can provide some support for you.

Carers themselves have felt that it is important that GPs recognise and value the work that they do as carers. The government has responded by encouraging GPs to make special arrangements to support carers.

Your GP's surgery is trying to trace all those patients who are carers and set up a carers' register. This will mean that carers like you are known to everyone at the surgery and steps are taken to support them.

If you want your doctor to know that you are a carer, fill in the form opposite and hand it in at the practice. Then your name can be added to the Carers' Register.

As a registered carer you are entitled to an annual health check by your GP or the practice nurse.

You may have been caring for the 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 possibly suffer. Telling your GP can help him/her to support you and make sure that you yourself get the right sort of care.

## **Carers Register:**

I am a carer. I am happy for my name to go onto my GP's carers register and give permission for this to be noted on my medical records.

My name:

Address:

Signature:

Date:

My GP surgery is:

I care for the following people: