



Castle Medical Group

Information Pack

Supporting our Carers

Dear Carer,

Allow me to introduce myself, my name is Max, and I am the Carer and Dementia Champion at Castle Medical Group.

Caring comes with many mixed emotions and can impact on your own health and wellbeing. With the right support, advice and information it can remove some of the stresses that come with your caring responsibilities.

I have compiled some useful information in this pack, including two important forms to complete and return. These will ensure you are registered here as a carer and also provides us with information about how we can help and support you wherever we can.

Max



Do you look after someone?

It is estimated that at least 6 million people in the UK provide unpaid support to a family member, partner, neighbour or friend who could not manage without their help. The help needed may be permanent or temporary (e.g. following an operation), and long-term help could be the result of illness, disability, mental health problems, old age, and substance misuse.

If you are looking after someone, please tell Reception

If you have someone dependent on your care (i.e. not just normal parenthood) please tell a Receptionist, Nurse or your GP so that we can register this on your records.

If you are registered at another practice, please inform them that you are a carer.

Why this can be important

If possible, the person you look after should tell the surgery, in writing or during a GP consultation, that they are happy for the Practice to share information about their condition with you. Once this has been agreed, when making an appointment, remember to tell Reception that you will be discussing the person you look after so their notes will be available. If you are uncertain about any drugs or treatments prescribed for the person you look after, the Clinician's or Pharmacist will be able to discuss these with you, including any possible side effects.

This can be important for your peace of mind as well as for the person you are looking after. You may need to ask the surgery if they can take special needs into account with appointments. If you are looking after someone who is housebound or too ill to attend surgery you can request a home visit.

What other help is available?

Would you like more information or training to feel confident that the person you are looking after is receiving the best help you can give?

Do you have to administer medical care such as catheters, injections, or breathing tubes?

Do you have concerns about lifting, moving or handling the person you are looking after?

Castle Medical Group can provide you with organisations that could help.

Information is also available to help arrange a contact to visit you and the person you are caring for to discuss your particular needs, without charge. This can include advice on any benefits available, help to make the home as safe as possible for the person cared for, social care, putting you in touch with others in a similar situation, respite breaks and nursing.

And what about you?

There are over 10,000 'Carers' like you, young and old, in North West Leicestershire. More than half of these provide care for over 20 hours per week, and one in five for over 50 hours. Caring long-term can affect your health and wellbeing, emotionally and physically, young carers in particular often feel lonely and isolated and are sometimes bullied by their peers. Some people don't like to admit they are a 'Carer' with one person describing it as "living in a black hole".

If you are looking after someone, Castle Medical Group wants to know so that we can take your needs into account, as well as the person you are looking after. If you feel you might benefit from advice and support, even if it's just to talk in confidence to someone else who shares and understands, speak to your GP or someone else at the Practice.

DON'T KEEP IT HIDDEN.

SUPPORT

How we can help with your caring role

INFORMATION

Useful tips, advice and materials to help you to support or get support

LOCAL EVENTS

Information about local events, groups, workshops and services to meet like-minded people and relax

SUPPORT

Providing access to a carers assessment to see what might help make your life easier and supporting you with any queries or questions you may have

WEBSITE

Find a range of useful information for carers on our website



www.castlemedicalgroup.co.uk/carers-advice

Looking after yourself as a Carer

Caring can be very demanding; physically, mentally and emotionally, which in turn, can affect the carer's health.

According to Carers UK, Carer's are more likely to be in poor health, both physically and mentally, than people without caring responsibilities.

Recognise yourself as a carer

Recognising yourself as a Carer can help you to manage with some of the emotions, feelings, and practical challenges that come with being a Carer.

Take time out for yourself

Think about the last time you went out in the evening, went for a swim, met up with friends or had a holiday. When did you last have a chance to do all the things you would like to do, but feel you can't do whilst you are caring?

Get enough sleep

This is sometimes easier said than done but sleep is a vital part of our daily life and important for our physical and mental health.

Talk about it

Talking about being a Carer can be helpful and provide answers and a sense of relief to problems you may endure.

Tell your GP you are a Carer

If your GP knows that you are a Carer and that you may be under pressure at times, they will find it easier to offer advice, compassion and the support you need.

Preparing in case of emergencies

It might be useful to think about a scenario that would result in you not being able to provide care, and what you would do. Planning in advance can make situations easier to deal with if they were to occur.

Contact Leicestershire Support for Carers (VASL)

Telephone: **01858 468 543** (calls charged at local rates)

The telephone advice line is open **Monday to Thursday - 9:00am to 5:00pm** and **Fridays - 9:00am to 4:30pm**

Website: www.supportforcarers.org

Filled with information and news and you can apply for a carers passport, an ID card for Carers that is recognised across Leicestershire, Leicester and Rutland, also available as a downloadable wallet-sized card.

Email: maureen@supportforcarers.org

Social Prescribing for Carers

Look after your own Health and Wellbeing

Eat properly and try to exercise if you can.

Register as a Carer at your GP Practice. They may be able to offer Carers a free flu vaccine, flexible appointments and yearly health checks.

Look after yourself emotionally

Many carers get depressed and anxious. Speak to your Carers Health and Wellbeing Advisor, friends and family members about how you feel. Tell your GP if you are feeling low and ask them about what help they can provide you.

Ask others to help

Many people want to help but don't know how. Specify things you need doing and times you need them to come.

Learn a relaxation technique

Relaxation techniques don't take a lot of time, can help you feel more rested, and allows you time to yourself.

Take a break

Caring can be hard work and stressful, having a break can make all the difference. If you are struggling to get one, you may be eligible for a carers assessment that can help you get a break from your caring role.

Don't feel alone

Try to keep up with your social contacts so that you and the person you care for don't become isolated. Get in touch with other carers in your area through support groups, share experiences and emotional support from other carers who know what you are going through. If you cannot get out and have a computer, you may want to join an online carers support group.

Carers Assessment

You are entitled to a carers assessment through your Local Authority. A carers assessment is a way of identifying your needs as a carer and what effect it has on you and your life. You may be eligible for someone to support you with your caring role and to help you get a much needed break.

Apply for Carers Allowance

To qualify you must spend at least 35 hours a week caring for someone who is receiving a disability benefit. Find out more at: www.gov.uk/carers-allowance/eligibility



Carers Registration Form

To be completed and returned to Reception.
ID will need to be provided by both Carer and Patient.

Carers Details

Full Name

Date of Birth

Address

Phone Number

Email Address

Patient cared for

Full Name

Date of Birth

Address

Phone Number

Email Address

GP Surgery

Relationship to Carer

To help support with relevant information and services, please explain briefly why a carer is needed.



Agreement by a patient to allow a Carer to have access to their personal details and / or medical correspondence.

Carers Details

Name of Patient

Date of Birth

Name of Carer

Date of Birth

Relationship to Patient

Please tick all that apply:

I do **not** give permission

This permission relates to **All** my records

This permission relates to a specific condition or part of my record
(please specify)

I consent to my carer having access to my personal details and / or medical correspondence.

I understand that this permission will remain in force until cancelled by me in writing and the Doctor may override this authority at any time.

Print name: _____

Date: _____

Signed by patient: _____

Accepted by GP: _____

Date: _____