

How can your Doctor help you?

Your GP wants to give you the most appropriate help and it is therefore helpful if your GP is aware of you caring responsibilities. Even if the person you care for is with the same GP practice it is helpful to ask for your name to be entered on your GPs carers' register.

NB: To make this easy just fill in your details in the form opposite. Once completed fold and seal and either hand this into your GP reception or add a stamp and the GP address and post it to your surgery.

Getting the most from your GP

Helpful Tips

- Let the reception staff, Practice Nurse or GP know that you are a carer and ask if this could be registered on your medical record.
- If you are experiencing any stress, anxiety or feeling low, you may wish to tell your GP.
- It may help to write down any questions you may wish to ask or things you need to mention.
- If you need emotional support, why not take someone along with you
- It might help to keep a note of your visits – dates, people you saw , etc...,
- Most of all - don't be afraid to ask for HELP!

Dear Doctor or Practice Manager

Can I please ask you to tag my records as a Carer and add my name to your Carers' Register.

My full name:

Address:

.....

.....

My date of birth:

I care for:

My relationship to them is.....

They have the following condition.....

They attend the same surgery as myself? **Yes No**
(please circle as appropriate)

Are there children also affected by this caring role? **Yes No**
(please circle as appropriate)

(If Yes) Please could you include their names in your register

.....

.....

I would be grateful to receive any information and support that would be relevant to me (and my child/children) as a carer/s.

Thank you for supporting me in my caring role.

Southend Carers is an independent charity run by and for carers. Our mission is to make life easier and fairer for carers in Southend.



For the attention of Practice Manager

GP Surgery Address

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This carer is registered with us. Our mission is to make life easier and fairer to Carers in Southend on Sea, and our expert information and advice is always tailored to the Carers individual and personal caring circumstances. Please contact us if we can work in partnership with you to provide help and support.



Southend Carers
29 - 31 Alexandra Street
Southend on Sea
Essex SS1 1BW
Registered charity 1093240

Carers Helpline: 01702 393933
www.southendcarers.co.uk
info@southendcarers.co.uk



Inform your GP you are a carer

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Our mission is to make life easier and fairer to Carers in Southend on Sea, and our expert information and advice is always tailored to the Carers individual and personal caring circumstances.

A carer is a person of any age, who provides unpaid care for a relative, friend or neighbour, who needs your help because they are frail; suffering from a serious or terminal illness; have a physical or learning disability or experiencing mental illness.

It is vital to your overall health, that your GP is aware if you have the responsibility of caring for someone so they can offer you appropriate help or information. They can also look out for warning signs of illnesses that are common among carers and offer support such as flu vaccinations and providing more flexibility with appointments and obtaining repeat prescriptions.

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