

Who is a carer? A carer is a person of any age, adult or child, who provides unpaid support to a partner, child, relative or friend, who couldn't manage to live independently, or whose health or wellbeing would deteriorate without this help. This could be due to frailty, disability or a serious health condition, mental ill health or substance misuse.

It is estimated that 1 in 10 people is likely to be a carer.

Carers healthcare needs

Studies show that caring has a physical and emotional impact on the health of carers. Their physical health is more likely to deteriorate beyond the first year of caring. Carers are more likely to make additional contact with their GP or Practice services during and after caring, with the greatest impact on emotional health,

particularly for those caring over 20 hours per week.

Carers who do not have a break are twice as likely to display symptoms of anxiety and depression.

If you are caring for someone with Dementia, it is particularly important that you seek help, advice and support from your GP to help maintain your own physical and mental well-being.

What do carers need?

*Recognition of their role and contribution

*Opportunities for a break from caring

*Information

*Care for their own health

*Emotional support

*Receipt of reliable and trustworthy services

Registering as a carer

If you are a carer, you should let us know at the Practice and this will be recorded on your medical records.

This will ensure that your GP is aware of your carer responsibilities when he/she sees you at the surgery or speaks to you on the telephone.

What are the advantages of being registered?

- ❖ We can see you are a carer and this information will help us when we are planning your medical care and support;
- ❖ You will be invited for an annual flu vaccination;
- ❖ You may be eligible to apply for a Carers grant - application via Oxfordshire County Council 0845 050 7666 - email carersoxfordshire@oxfordshire.gov.uk
- ❖ We can offer you a double appointment, or a telephone consultation, or an extended

access appointment (evening or Saturday morning) or a home visit, if clinically appropriate;

- ❖ You can book an appointment and order your repeat medication online;
- ❖ You can have email contact with the Practice team;
- ❖ We can provide links to carer groups and information;
- ❖ We can offer access to multi disciplinary expertise, eg district nursing.

Dr Jessica Reed is our Lead Partner for carers and **Chantelle Harding**, our Goring based receptionist, is our Carer Champion (tel 01491 872372) and is happy to help you with any carer question or concern you may have.

Our local Carers Lead is

Ann Hart 01491 873857

If you are a carer, please let us know by completing the **Carer Registration form** which you will find attached to this leaflet.

Please do keep the leaflet as we hope you will find the information it contains useful to you in your caring role.

Oxfordshire Carers

www.carersoxfordshire.org.uk

0845 0507666

South & Vale Carers Centre

www.svcarers.org.uk

01235 510212

National Carers

www.carersuk.org

0808 8087777 020 73784999

Young Carers (Spurgeons)

www.spurgeons.org

01865 309602

Age UK Helpline

0345 450 1276

Dementia Oxfordshire Helpline

01865 410 210

Benefit Enquiry Line

0800 882200

THE GORING & WOODCOTE MEDICAL PRACTICE

CARING FOR CARERS



Red Cross Road, Goring
RG8 9HG
01491 872372

Wayside Green, Woodcote
RG8 0QL
01491 680686

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www.goringwoodcotemedicalpractice.nhs.uk