

So, if you provide unpaid support to a relative, partner or friend, who is ill, frail or disabled, please complete the form below and hand it in at reception.

Name.....

Date of Birth.....

Address.....

.....

.....

Postcode.....

Telephone Number.....

Mobile Number.....

Email.....

Details of the person you Care for

Name.....

Address.....

.....

Postcode.....

Telephone Number.....

Mobile Number.....

Email.....

GP Details (if different from yours)

.....

Relationship to Patient.....

Next of KinYES / NO

Emergency ContactYES / NO

Permission to Discuss

Records with Carer.....YES / NO

Is the Main Carer.....YES / NO



Useful Contact Numbers and websites.

Staffa Health Carers Champion

**Joanne Sas
01773 309045.**

For General Advice

www.citizensadvice.org.uk

For advice about benefits, allowances and help

**www.gov.uk
www.derbyshire.gov.uk
01629 533190**

Carers UK

**www.carersuk.org
0808 808 7777**

Macmillan Cancer Support

www.macmillan.org.uk

Derbyshire Carers Association

**69 West bars
Chesterfield
Derbyshire
S40 1BA
01246 222373
www.derbyshirecarers.co.uk
The centre is open Monday to
Friday 10a.m. to 3p.m.**

Doctors RE Cooper, P Gadsden, T Taylor, D Stinton & N Humes

**Information Leaflet
for Carers**



Better Information, Better Health

**Guidance for Patients
who Care for a Family
Member or Friend.**

Staffa Health

Holmewood ☎ 01246 389180

Pilsley ☎ 01773 309050

Stonebroom ☎ 01773 309040

Tibshelf ☎ 01773 309030

www.staffahealth.co.uk

You might be a carer

Do you look after a relative, friend or neighbour who couldn't manage without your help?

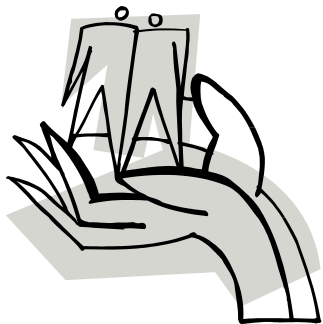
If you provide unpaid support to a

- relative,
- partner or
- friend

who is ill, frail, disabled or has mental health or substance misuse problems,

THEN YOU ARE A CARER

You might feel that you're doing what anyone else would do in your situation; looking after your mum, son, or best friend and just getting on with it.



Do you Look After someone ?

Looking after a partner, relative or friend who is frail or who has health problems or a disability can be a rewarding experience but it can also be physically and mentally demanding.

Supporting Carers and improving their health and wellbeing is a priority for our Practice.

Our Practice holds a “Carers Register” which will allow us to include details on our computer system that identifies you as a Carer and the person you care for.

Knowing you're a carer helps your doctor understand your health needs and may help you to access information, help and support. This can be anything from leaflets in the practice, to signposting you to help and support that is available in your area.

Need Help? Get Assessed !

If you are providing regular care for someone, ask to be assessed by your Local Authority so they can agree what support you need. This includes assessing the needs of yourself, as well as the person you care for. It is important that your health, financial & social needs are supported too, so that you're able to fulfil what can be a very demanding role

Do you get enough sleep?

Is your health affected by caring for someone?

Are you worried about having to give up work?

Can the person you are caring for be left alone ?

Who would care for this person in an emergency if you were unavailable?

An assessment by the Local Authority will help identify what help and support you can access.