

You may have been caring for the person 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 part of your life or your duty to care for your mum or dad, your partner, your child or a 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 take a real 'break' because someone depends on you to look after them. You can get tired and run down, and your own health can possibly suffer.

Telling your GP you are a carer can help them to support you.

YOU are important too.



Office use only:

Details coded and entered by:

Initials: \_\_\_\_\_

Date: \_\_\_\_\_

### A carer -

- Can be any age.
- Is someone who cares for another person without financial gain.
- Could be related to the person they care for, or might not be.
- Supports the person in ways that if they did not, the person would not cope with everyday life.

A person might need a carer to support them because of -

**An illness**

**A disability**

**A mental health problem**

**or**

**An addiction.**



## Letting your GP know you are a carer

Does a family member or friend depend on you to help with the tasks and/or responsibilities of everyday life?

If you are a carer you may need some support yourself.

We hold a carers register. We can offer support if you need it.



## Useful contacts

### Carers Oxfordshire

www.carersoxfordshire.org.uk/

Email: carersoxfordshire@oxfordshire.gov.uk

### Action for Carers Oxfordshire

www.ageuk.org.uk/oxfordshire/our-services/

action\_for\_carers\_oxfordshire/

### Rethink

www.rethink.org/services-groups/service-

types/carer-support



Whether you are a carer for a few hours a week, or for 24 hours a day, Carers Oxfordshire can offer you a wide range of confidential and independent services, helping you to care.

Local area coordinators can be contacted at:

**Carers Oxfordshire: 0345 050 7666**

(Ask to be referred to an outreach worker)

**If you are recorded as a persons carer this does not mean you can automatically gain access to their medical records or speak to the Health Centre on their behalf.**

**We require **SIGNED CONSENT** from the patient to authorise this.**

## Carers' Register

I am a carer. I would like my name to go onto my GP's Carers' register and I give permission for this to be recorded in my medical records.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Mobile number: \_\_\_\_\_

Email address: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

It is important that we keep our register up to date.

In future can we contact you by

Email            Text            (please circle)

to see if you are still a carer?

## I care for:

Name(s): \_\_\_\_\_

DOB: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The person/persons I care for is/are my (please circle)

Parent(s)

Husband

Partner

Son

Friend

Parent(s)-in-law

Wife

Daughter

Other family member

Neighbour

The person I care for is registered with Chipping Norton Health Centre-      Yes      No

If no, please give the details of their GP surgery:

GP name: \_\_\_\_\_

GP address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_