

Carers Health Check

We understand that caring for another person can be physically and emotionally demanding. If you are busy caring for a loved one, we are here to help make it easier for you to manage your own healthcare needs by giving you access to the services and the emotional support you need to stay happy and healthy while caring for somebody else.

From August our Carers Champions will be offering all our patients who are carers an annual health check with one of our nursing team.

As a carer for somebody else you may not always prioritise your own healthcare needs. We are currently piloting annual health checks for our patients who are carers. The health check will be an holistic assessment of your health and wellbeing.

Are you a carer or do you have a carer?

A carer is anyone who looks after a family member, partner or friend who is unable to cope on their own. This care might be to support with mental or physical health, frailty, a disability or addiction. Carers can be children or adults.