



## **What GP's can do to help carers**

There are many benefits to letting the GP practice you are registered with know you are a carer. These include:

- access to a 'carer champion'
- signposting you to useful information and support
- providing health checks and flu vaccinations for you
- involving you in planning the care of the person you look after
- the practice may invite you to join their patient participation group to enable you to have your say about services

**To register as a carer ask at Reception**

**At this GP practice your Carers Champion is**

**Alison Smith- HCA**