

Where to go for more information and advice

Carers UK provide a free “**Carers Information Pack**” which includes information about assessments and your rights as a carer.
Freephone 0808 808 7777

Crossroads caring for carers provides paid, trained carer support workers to go into the home on a regular basis to give carers a break.
Telephone: 0845 450 0350

Princess Royal Trust for Carers supports carers through its network of 115 independently managed Carers' Centres, outreach services and an interactive website www.carers.org
Telephone 020 7480 7788

Does the person you are caring for have a learning disability? The Learning Disability Helpline provided by MENCAP have a 24 hour confidential telephone service which offers information and advice for anyone with a learning disability, their family and their carers
Telephone 0808 808 111 or www.mencap.org.uk



The NHS
non-emergency
number

medicines, other telephone help lines and much more. **Telephone 111.**

Some useful websites:-

www.carersuk.org
www.depressionalliance.org
www.mind.org.uk
www.mentalhelp.net
www.rethink.org
www.sane.org.uk
www.youngminds.org.uk
www.mencap.org.uk
www.dwp.gov.uk

DANES CAMP MEDICAL CENTRE

Rowtree Road, East Hunsbury,
Northampton NN4 0NY
Telephone (01604)709426

www.danescampsurgery.nhs.uk

CARERS LEAFLET

A Patient Information Leaflet for those patients who look after a relative or friend who is frail, physically or mentally ill, or disabled



Dr AZHAR ZAFAR MBBS FRCP
MRCP(G) GLGS) FRCGP
Dr ASIM CHISHTI MBBS MRCP(UK)
Dr KASHIF ZAMAN MBBS MRCP(UK) MRCP
Dr AYESHA AZHAR MBBS MRCOG MRCP
Dr HAROON BUTT MBBS MRCP(UK) MRCP
Dr YASSIR JAVAID MA MBBChir MRCP
DRCOG

April 2024

Who is a Carer?

You are a carer if you provide regular and substantial support to either a child or an adult who cannot manage on their own at home. This may be because they have a physical disability, a learning disability, they have mental health needs, or they are ill or frail.

If you are currently acting as a carer for a relative, dependent child or other person then please let the practice know in order that we may note this on your records. The practice has a carer's policy which is available on request from the Practice Manager.

Young Carers

Young Carers are those under the age of 18 who provide or intend to provide a substantial amount of care on a regular basis. They often have additional pressures on them and this can be a difficult and stressful responsibility for many young people.

Please let the practice know that you are a carer.

Please tell the Receptionist, the GP or Practice Nurse who will ensure that your records are updated.

The practice may be able to help you as a carer by:

- Providing information and advice on medical conditions and treatments on the medical condition of the person you care for.

- Recording the fact that you are a carer into your medical records ensures that this fact is taken into account in your medical care. With your permission this fact can be disclosed if you have to be referred to the hospital for treatment and may impact on the levels of urgency with which you are seen.
- From time to time the government asks GPs to ensure that at risk groups such as carers receive vaccinations e.g. influenza.
- Arranging for the pharmacist to deliver prescriptions if required.
- Putting you in touch with other sources of support and advice or assistance e.g. continence services, blue badge schemes
- They will also let you know about the facility for requesting a Carer's assessment.

What is a Carer's Assessment?

For many people the caring they do has a great effect on their lives and that of their family. A Carer's assessment is a meeting with a professional worker where you can talk about how the care that you give affects you and your family. It is an opportunity to discuss what help you need, and what would help you stay well. Without support, carers may experience a number of difficulties including stress, anxiety, tiredness or even illness.

If you are a carer, you have the right to a Carer's Assessment even if the person you care for does not want any services. You can ask social

services for an individual assessment of your needs as a carer. You can make an application yourself to have this assessment carried out. Contact your local social services office at West Northamptonshire Council – County Hall 0300 126 1000 for information or advice.

Who can I contact at the surgery?

If you have any medical queries then please make an appointment with the Practice Nurses

or the GPs. However if you have any other queries or need help then please contact our Practice Manager, Sally Pike who is available at the surgery between 8am and 4pm every day. Her direct line is **01604 876314**.



When the practice is closed please contact 111 if you need medical help for a non-emergency, or call 999 for a serious or life-threatening emergency.