

Carers Register complete and hand to your GP Practice

Name

Address

Post Code

Date of birth

Signature

Please tick if you give permission for your details to be passed on to Carers Support Centre for advice and support to the practice manager. Please add this patient to your carers register. You may also need to give them your practice's medical consent form.

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Contact us

Ask your GP practice to refer you to Carers Support Centre or fill in our referral form online.

CarersLine:

0117 965 2200

carersline@carerssupportcentre.org.uk

www.carerssupportcentre.org.uk

If you are in hospital please contact our Hospital Carer Liaison Workers.

Our Carer Liaison Workers:

Southmead Hospital

07557 418 692

07542 592 623

carersliaison@nbt.nhs.uk

Bristol Royal Infirmary

07917 880 375

07557 441 613

carersliaison@uhbristol.nhs.uk

Carers Support Centre is a local charity and we need to raise funds to provide our services to everyone who contacts us. All our services are free. If you are able to support us in any way, this would enable us to help more carers.

Working in partnership with

North Bristol NHS Trust, University Hospitals Bristol and Weston NHS Foundation Trust, Bristol City Council, NHS Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group

**If you care,
we care.**

Carers Support Centre
Bristol & South Gloucestershire

A Network Partner of

**CARERS
TRUST**

Carers Liaison Service

Support for carers through GP practices and in hospital



carersline@carerssupportcentre.org.uk

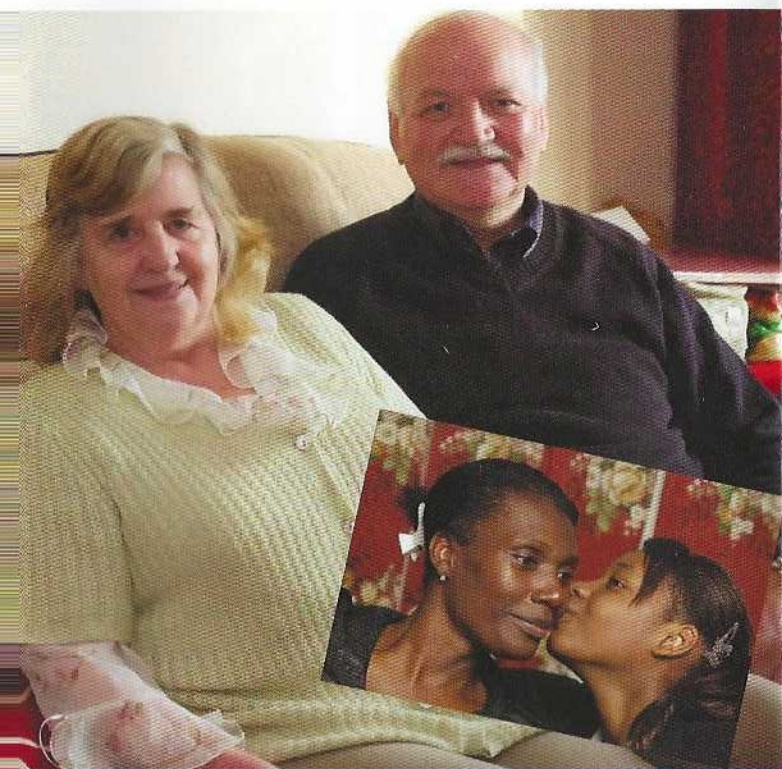
0117 965 2200

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Who is a 'carer'

A carer is someone who provides support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. All the care they give is unpaid. Carers can also include young people and parents who care for an ill or disabled child.

Being a carer can feel isolating and it is often a struggle to get the information you need. When you are looking after someone, it is important to have some help and support for yourself, such as a break from caring.



Support in hospital

Carers Support Centre has Carer Liaison Workers based in local hospitals. They provide help, support and advice to carers from the point of admission to discharge, as a carer and/or as a patient. North Bristol NHS Trust and University Hospitals Bristol NHS Foundation Trust have signed a joint Carers Charter. Please speak to a member of our team about what this means for you.

Carer Liaison Workers can help you by

- Explaining hospital processes.
- Communicating your needs or concerns to ward staff.
- Attending meetings with you, such as discharge meetings, and acting as an advocate.
- Ensuring you are involved in the care of the person you care for whilst they are in hospital, or supporting you to use the time to take a break from caring.
- Talking to you about benefits, carer's assessments and connecting you to other services.

Carers Support Centre is a registered charity providing a range of services for carers of all ages. This includes a confidential telephone support line, carers emergency card, one-to-one support and carers groups, activities for carers to take some time out, short breaks and training. You can contact CarersLine (by telephone or email) to find out more about these services, or for advice and information.

Support in GP practices

When you are looking after someone, you can often forget to look after yourself. It is important to maintain your own good health and there is support available to help you.

Getting a carer's assessment

As a carer you have a right to an assessment. A carer's assessment will help you think about the ways that caring affects your life. It also looks at anything you would like to change to be able to continue to do things that are important to you and your family. The assessment process varies according to the local authority, but Carers Support Centre can help you with this.

Your GP Surgery

It is important to register yourself as a carer at your GP surgery or medical centre. They can help you stay as fit and healthy as possible, for example, by offering free flu vaccinations to carers. Some GP practices also offer telephone call backs and email consultations, which can be helpful for carers who find it difficult to leave the person they care for. Remember your GP practice is there for you and the person you care for. By letting them know what your needs are, you can help them to help you.

You can register yourself as a carer with your GP practice by filling in the form overleaf.