

Please tell us....

....if you think you are a carer. We will ask you to complete a short form so that we can update your records and - if appropriate - those of the person for whom you care.

You can either mention it to Reception or you can let your doctor or nurse know.

What we can do for you

As a carer staying in good health is vital. Did you know you are entitled to a **free flu jab** each year? Just ask at Reception.



Grove House Practice
St Pauls Health Centre
High Street
Runcorn
Cheshire
WA7 1AB

Tel No: 01928 566561

Cancellation line: 01928 842577
(message facility only)

Website: www.grovehouse.co.uk

Last reviewed: August 2023

Are you a Carer?

Patient Information Leaflet

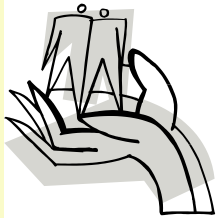
Grove House Practice
& Heath Road Surgery

Do you need extra
support?



Are You A Carer?

It is estimated that there are over 1300 carers among Grove House patients who look after a friend, relative or neighbour, unpaid and without support (national research shows that for every 1000 patients, 120 will be carers).



A Carer is someone who looks after a relative or friend because of their age, illness, physical or learning disability.

The term "carer" in this context does not normally apply if the person is:

- a paid carer
- a volunteer from a voluntary agency
- anyone providing personal assistance for payment either in cash

A carer may help someone with:

- Washing, bathing and dressing
- Mobility, getting in and out of bed
- Cooking, cleaning
- Collecting medication and helping people take medication
- Socialising and emotional or psychological support

If you do any or all of these things for a person on a regular basis you are a carer. Even if it is your husband, wife or family member. If you are a carer there is plenty of help available to you and, there are organisations who can support and listen to you and offer you extra help.

Support

Your main point of contact for extra support and help locally is the Halton Carers Centre. They offer free information and guidance, along with free day trips, free pamper sessions, free training courses and more:

Halton Carers Centre
62 Church Street

Runcorn
WA7 1LD

You can contact the Halton Carers Centre the following ways:

• **01928 580182**

E-mail: help@haltoncarers.co.uk

Website: <https://haltoncarers.co.uk>

Opening times of Carers Centre are:

Monday to Friday: 10am to 4pm

Saturday: 10 - 1pm



Carer's Assessment

As a carer you are entitled to have your needs assessed by Adult care services.

A carers assessment is a chance for you to talk about your needs as a carer and to find a possible way that help can be given to you.

There are some other places you can go to for advice and support:

Carers Trust has a website that contains plenty of information and also is a place where you can have discussions with other carers.

Go to their website on:

www.carers.org



Being a carer can be a 24 hour job that can be very demanding and sometimes quite isolating.

We are here for you!

As your GP Practice we can help to support and guide you. We can refer you to the Carers Centre and be your first point of contact. We can put you onto our carers register so that you are offered extra support from the Practice. We can offer you health reviews and try to be flexible with appointment times. We understand that being a carer is an important role and you must keep yourself healthy.

