

## Registration of Carer

I would like it recorded on my personal medical records (and where applicable of the person I care for) that I am a carer.

Name:.....

Address:.....

Postcode:.....Tel:.....

Date of Birth:.....

Email:.....

GP Surgery:.....

Relationship to Cared For:.....

We need to ask for your permission to record your details. Your information will be stored and accessed by Cheshire and Warrington Carers Trust staff, paper copies of your data may also be stored securely. As this service is part funded by Cheshire West and Chester Council they ask us to provide some information for monitoring purposes.

### **Please read each statement and tick as applicable**

I give consent for my details to be passed to Cheshire and Warrington Carers Trust and for them to store it on their system to provide information about their services.

I give consent for Cheshire and Warrington Carers Trust to share information for monitoring purposes with Cheshire West and Chester Council.

Signature:.....

Date: .....

You can withdraw your consent at any point by contacting us directly.

## Further Information

### **Cheshire & Warrington Carers Trust**

For support and more information about caring including your benefits and rights as a Carer, please contact us on  
0300 102 0008

[www.cheshireandwarringtoncarers.org](http://www.cheshireandwarringtoncarers.org)

### **Alzheimer's Society**

Provides support, information and advice to people with dementia, their carers and families.

### **The Bren Project**

Supports working carers with employment or caring related and works with local employers to raise awareness of carers in their workforce.

### **Carers Trust 4All**

Provides practical support to carers and people with care needs. Also provide a respite service to carers.

### **Making Space**

Provides support, information and advice for people with mental health issues and people with learning disabilities and their carers and families.

### **Neuromuscular Centre**

Provides specialist services for people with neuromuscular conditions as well as providing respite services for their carers.

### **Rural Community Services**

OPAL provides a range of activities and services for older people and their carers in the rural communities, including providing respite services.



## Does your GP surgery know you are a carer?

Are you providing help and support to a relative, partner or friend who cannot manage because of disability, illness or frailty?



Delivered on behalf of:



## Why is it important for my GP surgery to know I am a carer?

GP surgeries in Cheshire West and Chester record the names of carers. This information helps your surgery to:

- Make sure you receive information about the help and support that is available
- Refer you for a 'Carers Needs Assessment' if you would like one
- Improve services for you as a carer

## Help and support your surgery may be able to give you

- Access to a Carers Information Pack and other information
- Refer you to Cheshire & Warrington Carers Trust and other helpful organisations which support carers and families
- Give you appointment times to fit in with your caring role
- A health check if caring for someone is affecting your health
- A flu jab
- Information about a Carers Needs Assessment - so that your needs can be considered

## Carers' Experiences

*"I hadn't realised how much caring was affecting my mental health"*

*"At school it is sometimes hard to concentrate. I can't really talk about it with my friends because they don't really understand what it is like being a carer."*

*"I became a carer overnight, when my son Paul was born with severe brain damage."*

*"It's true that we miss out on a lot because of the caring responsibilities; we can't leave her (daughter) out. Our local carers' centre has been wonderful support and I can't praise them enough. They have given both emotional and practical help."*

*"Ronnie a carer does not have the opportunity to go out much, which inevitably impacts on his own health. He admits being in one place all the time can be depressing. It can be claustrophobic."*

# 0300 102 008

## How do I let my GP surgery know I am a Carer?

Simply complete overleaf and hand it to your GP Surgery. The surgery will make a note on your medical records.

If you would like your details to be forwarded to Cheshire and Warrington Carers Trust, please also sign the bottom of this form. They will send you information such as regular newsletter, how to register for a Carers Emergency Card and help access grants and funds. They will inform you of any events happening in your area.

## What about the person I care for?

If the person you care for would like your GP surgery to know that you are their carer, please ask them to let the surgery know.



## Carers Needs Assessment

You have a right to a Carers Needs Assessment if you are providing regular and substantial care for someone for whom social services provide or could provide services. Contact Adult Social Care on 0300 123 7034

Taken from the Carers Trust Website - Carers' stories

Cheshire Carers Centre trading as Cheshire and Warrington Carers Trust  
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