



**Did you know that one in ten people in Britain is a CARER?  
Are you one of them?**

**CARERS do not always recognise themselves as such.**

**CARERS look after family, partners or friends in need of help because they have an illness, disability, mental health problem, or are frail or elderly. CARERS can be of any age.**

If you are a CARER, please let your GP practice know, so that they can offer you help in getting information on:  
advice and support  
benefit entitlements  
CARERS assessments  
looking after your own health

or complete the tear off slip and hand it to your surgery

.....  
My name is:.....

Address:.....

Telephone number.....

Name of the GP practice I am registered with:.....

I am a CARER for:.....Relationship.....

Address:.....

Is the person you are caring for registered with this practice? YES/NO

I consent to these details being recorded by my GP practice

Signed:..... Date:.....