

Do you look after a family member, friend or neighbour?

Please take a copy of our -

CARER'S INFORMATION PACK

THIS PACK CONTAINS –

- Carer's Information leaflets
- Identification and Referral Form
- Useful Contacts
- Northamptonshire Carer's Service information

CARERS

If you are a carer who helps and supports someone who cannot manage on their own, we want to ensure YOU get all the support YOU need

We are trying to identify as many carers as we can. People who may be looking after a member of their family or helping a friend or neighbour with day-to-day tasks do not really regard themselves as carers and are undertaking this vital activity without help or support.

Although extremely valuable and important, caring for someone can mean being in demand round the clock and may lead to a feeling of isolation, which is why we want carers to receive all the support and information we can give on topics such as benefit entitlement, access to respite care or maybe simply to provide a kindly ear when things get too much.

If you are caring for someone we really would like you to let us know so that we can ensure our records are up-to-date and, if you are agreeable, pass your details to the Carers Service, a countywide organisation providing relevant information and advice, local support services, newsletter and telephone linkline for carers.

A carer's assessment is a chance to talk about your needs as a carer and the possible ways help could be given. It can also look at the needs of the person you care for. This could be done separately, or together, depending on the situation. There is no charge for an assessment.

If you are a carer, please do spend a couple of minutes to complete the attached form and then return it to the Practice.

We look forward to hearing from you.

Lakeside Corby

If you are a Carer, we would like to support you.
Please complete this form and hand it in to reception.

If you are agreeable, we will pass your details to the Carers Service, which is a countywide organisation providing relevant information and advice, local support services, newsletter and telephone linkline for carers.

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YOUR DETAILS:

Name	
Date Of Birth	
Address	
Post Code	
Telephone Number	
Mobile Telephone No.	
Any relevant information	

DETAILS OF THE PERSON YOU LOOK AFTER:

Name	
Date Of Birth	
Address (If Different From Above)	
Post Code	
Telephone Number (If Different From Above)	
Mobile Telephone No.	
GP Details (If Different From Your Own)	

BRIEF DETAILS OF THE LEVEL OF CARE YOU PROVIDE:

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Please tick if you would like us to forward your details to Northamptonshire Carers Service.

Thank you for completing this form, please return it to the surgery.

LETTING YOUR GP KNOW YOU ARE A CARER

(This does not include people employed to provide care)

Do you look after someone?

You may be a husband, wife, son, daughter, relative or friend who is looking after someone who has a physical disability, mental health problem, learning difficulty, has HIV, Aids or is frail and elderly.

If so, you are carer and might like some support for yourself.

You may have been caring for the person for some time already, regularly helping them with everyday tasks or giving them the sort of support they need to stay in their home.

You may see it as a part of your life or your duty to care for your Mum or Dad, your partner, your child or friend, but there may be times when you need information, advice or some extra help.

When you are a Carer it is often difficult to have a real break because someone depends on you to look after them. You can get tired and run down, and your health may possibly suffer.

Telling your Surgery can help them to support you and make sure that you yourself get the right sort of care. **You are important too.**

Your Surgery is trying to trace all those patients who are carers and set up a Carers' Register. This will mean that carers like you are known to the surgery and steps are taken to support them.

If you want your doctor to know that you are a carer, fill in the form opposite and hand it in at the practice. Then your name can be added to the Carers' Register.

Carers' Register

I am a carer. I want my name to go onto my GP's Carers' Register and give permission for this to be noted on my medical records.

My name: _____

My address: _____

Signature: _____ **Date:** _____

My GP is: _____

Home Telephone Number _____ **Mobile** _____

I care for the following:

Name(s): _____

The person/people I care for is/are my
parent(s) parent(s)-in-law husband wife partner daughter son other family member friend neighbour
Other (Please tick the relevant box)

The person I care for is registered with the same practice as I am Yes No
If No, please give the address of the surgery or the name of the GP who treats the person you care for:

Comments: _____

Carers Useful Contacts

Carers UK helpline – 0808 808 7777

Website: www.carersuk.org

Northamptonshire Carers - 01933 677907

Monday – Friday 9.30 am – 4.00 pm

Website: www.northamptonshire-carers.org

Carers Direct – 0300 123 1053

Website: www.nhs.uk/carersdirect

Samaritans – 08457 90 90 90

Website: www.samaritans.org

Emergency Out of Hours – NHS 111

Kettering Job Centre Plus - 0845 604 3719

Social Services - 01536 313270

Provide assessment and care management services to adults with a variety of needs. Can also arrange home care, meals on wheels and respite.

Emergency Dentist – 01536 403400

Open Access Physiotherapy – 01536 493643

Alzheimer's Society (East Midlands) – 01522 692681

www.alzheimers.org.uk

Age UK (Northamptonshire) – 01604 611200

www.ageuk.org.uk/northamptonshire

Arthritis Research UK – 0300 790 0400

www.arthritisresearch.org

Mind, Kettering – 01536 523216

www.ketteringmind.org.uk

Citizens Advise Bureau – 0844 855 2122

www.ketteringcab.org.uk

Other Useful Websites –

www.carenorthants.co.uk

www.wholooksafteryou.co.uk



Corby Clinical Commissioning Group

What is a Carers Assessment?

- ❖ As a carer you are legally entitled to a carers assessment if you would like to have one.
- ❖ Having a carers assessment gives you the chance to think about how life has changed or has been affected by caring for someone.
- ❖ It can give you an opportunity to talk through any issues and to identify any needs, information, advice or support that should be taken into account when planning.
- ❖ An assessment can lead to a support plan. This would look at putting things in place for the future. Do you need to plan for when you are older? For when your loved ones condition deteriorates?
- ❖ The assessment can be done over the phone, face to face, at your home or any other venue that suits you.
- ❖ During the assessment you can talk about:
 - How caring may be affecting your health, wellbeing, work etc
 - What help you may need – equipment?
 - Emotional support – do you just need to talk to someone?
 - Coping with a crisis/emergency
- ❖ The assessment can be done with the person you care for or independently if you prefer