



Do you look after someone who couldn't manage without your help?

If so, you can register as a Carer with your GP Practice.

Do you look after a friend or family member who is frail, elderly, has a physical illness or mental health problem or is struggling with an addiction and cannot manage without you? **If the answer is "YES", THEN YOU ARE A CARER!**

Why should I register?

If your GP Practice knows you are a carer, they can help you to:

- Look after your own health
- Look out for signs that caring is having an impact on your health
- Receive certain vaccinations
- Find useful information and support

Action for Family Carers has been making a positive difference to the lives of carers and young carers in Essex for over 30 years. Find out more about ways we can help at affc.org.uk

How do I register?

Ask your GP receptionist for a carer registration form



Action for
Family Carers

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Mid and South Essex
Integrated Care
System