

Do you look after someone?

Could they manage without your help?

Do you provide unpaid care to a friend, neighbour, or family member who couldn't manage without your help?

Do they need your help because they are frail, elderly, have a physical illness, suffer with mental health issues or have an addiction to drugs or alcohol?

If the answer is yes to either, or both, of the questions above, it is extremely likely that you are a Carer, whether you were aware of it or not.

If you do look after someone, do you realise you can register with your GP as a Carer if you are providing this support on a regular basis. If your GP surgery is aware that you are a Carer they can monitor how caring may be affecting your health or emotional well-being and signpost you to additional support.

You do not need to be living with the person you look after to be registered as a Carer.

If you would like to be registered, then please complete this form and return to your GP practice.



It would be helpful if you could complete this Checklist as it will show exactly what you are doing for the person you support.

Support with	Yes	No	How often
Personal Care: Do you help with Washing, Dressing			Daily Weekly

Toileting as examples?			Monthly Less frequently
Domestic support Do you help with Cooking, Housework, Shopping as examples?			Daily Weekly Monthly Less frequently
Physical Care Do you help with Helping someone who has problems with their mobility?			Daily Weekly Monthly Less frequently
Financial Support Do you help with banking or paying bills as examples?			Daily Weekly Monthly Less frequently
Health Care Do you have to speak to health professionals, attend appointments, order or collect medication for the person you support?			Daily Weekly Monthly Less frequently
Emotional Support Do you provide support by being a listening ear or keeping them company as an example?			Daily Weekly Monthly Less frequently
Communication support Do you have to translate for the person you support? Do they have a sensory impairment? Do you have to help them with reading/writing			Daily Weekly Monthly Less frequently
Other support. Please tell us about other support you provide.			Is this Daily Weekly Monthly Less frequently?

Carer Registration form

To the Practice Manager [or relevant lead] at

Practice,

I am writing to request that I am registered as an unpaid carer.

My details are as follows:

The details of the person I support are:

(Please leave blank if person you care for does not provide written consent for their details to be shared)

Name	
Date of birth	
NHS Number (if known)	
Address	
Postcode	
Preferred contact number	
Email address	
Your relationship to the person you support	
Name	
Date of birth	
NHS Number (if known)	
Address	
Postcode	

Signature of Carer:

Date:

Signature of parent (if under 18):

I confirm that the person above does provide support to me and I consent to my details being shared

Signature of Person I support:

Date: