



Support

For

Carers

What is a Carer?

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.

www.nhs.uk

There are approximately 5.7 million people currently in the UK who are supporting loved ones who are older, have a disability or are seriously ill.

Many of these people do not recognise themselves as a Carer and the support that may be available to them.

This booklet is designed to help people identify themselves as carers and to have access to information which may be of benefit.

Are you a Carer?

If you help people regularly, on a daily basis with activities of daily living because they are unable due to age, a disability or they are too unwell, then you may be a Carer.

Do you support a person with any of the following?

- Help with personal care, getting washed and dressed
- Support with meals and drinks (cooking, encouraging to eat and drink)
- Taking to doctor or hospital appointments
- Help to keep the house and garden clean and tidy
- Help a person to see friends, family and remain socially connected
- Offer support to take medication as prescribed

- Offer support with administration including finances and paying bills
- Help to keep someone safe and well
- Without your support, the person would not be able to cope at home.

If you have answered yes to any of the above questions, then you are a Carer.

It is important to have yourself registered at your GP surgery to enable you to have access to additional support. Ask at your surgery for a registration form.

Your GP practice also has a Social Prescribing Team who will be able to offer more tailored support and provide further information. Call your surgery and ask for a referral.

County Council - Help for Carers and those you care for

Hampshire County Council – 0800 5551386

Carers Assessment

If you provide unpaid care for a partner, friend, or family member then you are entitled to a free Carers Assessment by your local county council.

Care Needs Assessment

For the person you care for, they are entitled to an assessment of needs for social and possible financial support through your county council. This could also include a Take a Break service.

Equipment and Adaptation

To ensure both yourself and the person you care for remain safe, an Occupational Therapy Assessment could be

completed to provide equipment and advice regarding mobility and safety. Contact your county council.

Carers Allowance and Other Benefits

You may be entitled to Carers Allowance and you and the person you care for may be entitled to other benefits.

Emergency Planning

In case of emergency (you are unwell which prevents you from providing care) it is a good idea to have an emergency plan in place.



The Princess Royal Trust for Carers - **0800 169 1577**

Other support Services

Your county council may also be able to help with a variety of other services including

- Day centres
- Care agencies
- Meals on wheels
- Falls alarms
- Home safety and security
- Transport
- Home help services
- Paying bills
- Keeping warm
- Befriending services



Visit Connect to Support for further information on support available within your area.

www.connecttosupporthampshire.org.uk

Other services in your area

Meals on wheels

- **HILS Health & Independent Living Support** – Simply contact your local centre or council to arrange a daily hot meals on wheels delivery. You can receive up to 7 days a week, 365 days per year and can choose from a wide range of delicious meals.



For more information, please visit
www.hils-uk.org

Falls alarms

- **Argenti** - Argenti is a consortium of three organisations created to deliver Care technology services to help people live safe and independent lives. In partnership with Hampshire, we are now offering our highly regarded service to anyone in and around Hampshire who wishes to purchase the service for themselves, a friend or a relative.



For further information, please visit
www.argenti.co.uk/hampshire

Safety at home

- **Hampshire Fire and Rescue** offer Safe and Well is a free home fire safety visit, tailored to an individual's needs that can support members of our community to help protect them and their home from fire.



www.hantsfire.gov.uk/safety/home-safe-home/safe-and-well

- **The Blue Lamp Trust**



Call 0300 777 0157

- **The Bobby Scheme -**

- provides **free** home security visits, long-life smoke alarms and advice to vulnerable people in Hampshire and the Isle of Wight, particularly the elderly and victims of burglary and domestic abuse.

Cyber Bobby - is also a **free** service providing basic cyber security advice to the vulnerable and elderly in Hampshire.

For further information please visit
www.bluelamptrust.org.uk/bobby-scheme
or call 0300 777 0157

Emotional support

- **Carers UK** – is a charity that supports Carers Looking after someone can be a rewarding experience. It can also be tough, lonely and bewildering. But you're not on your own. Carers UK is here to listen, to give you expert information and guidance, to champion your rights and support you in finding new ways to manage at home, at work, or wherever you are.



Visit www.carersuk.org/help-and-advice/support for further information

- **Carers Together** – Carers Together is a carer-led charity that offers support for unpaid carers living anywhere in Hampshire including Southampton and Portsmouth.



Carers Together



For further information call 01794 519495 or visit www.carerstogether.org.uk

- **Solent Mind** – Supports people with a mental health problem and ensure they have somewhere to turn for advice and support. They have mental health experts who can help if you're feeling low, worried, or anxious and you need to talk.



Call 02382 027 810 or visit www.solentmind.org.uk for further information

Fareham Citizen's Advice - Helping the people of Fareham since 1942 with impartial, independent advice on money, debt, housing, consumer problems, family & relationship issues, employment worries and more.



Please visit <https://public.citafareham.org/> for further information



Brook Lane Surgery

233a Brook Lane
Southampton
SO31 7DQ
Tel: 01489 575191

Lockswood Surgery

Centre Way
Locks Heath
Southampton
2031 6DX
Tel: 01489 576708

Stubbington Medical Practice

Park Lane
Stubbington
Fareham
PO14 2JP
Tel: 01329 664231



Carer Registration

If you help people regularly, on a daily basis with activities of daily living because they are unable due to age, a disability, health condition, mental illness, addiction, dementia or they are too unwell, then you may be a Carer.

It is important to register with your GP Practice so you can be directed to the right information, support and services.

If you are unsure if you can register as a carer, please contact your surgery to discuss further.

Carers details

Name:

Date of Birth:

Address:

Telephone:

Email:

Details of the person you care for

Name:

Date of Birth:

Address:

Telephone:

Name of surgery the cared for person is registered:

Relationship to carer:

Illness/disability:

Brief description of care you provide:

Please send me a Carers Information Pack YES/NO

When you have completed this form, please return to your GP practice.



Permission To Share

If you would like to give permission to a relative, carer or nominated person to have consent to discuss your medical records and personal information with the practice, please complete the form below. You can restrict what part of your medical records can be discussed, for example, you can permit a nominated person to order prescriptions on your behalf. Please be aware that this consent will remain in force indefinitely however your doctor may, at your request, override this authority to allow access to your medical records at any time.

Patient Information

Name*

Date of Birth*

NHS number (if known):

Full address*

Telephone number:

Mobile:

Email:

Relative/carers/nominated person information

Name*

Address:

Telephone*

Mobile:

Email:

Relationship to patient*

I give permission for my relative/carer/nominated person to have access to my medical records and personal details held by the practice and for staff to discuss this with the above.

This permission related to all my records YES/NO

This permission related to part of my records YES/NO

Where permission is restricted to part of records only, the areas included are:

I understand that this consent will remain in force indefinitely however my doctor at my request may override this authority to allow access to my medical records at any time.

I do understand

I do not understand

Patients completing this form should be aware that they take responsibility for the use the nominated individual makes of any data shared with them.

I understand

I do not understand

I declare the information I give on this form is correct and complete

Yes

No

Patient signature:

Date:

Once completed, please return this form to your surgery for permission to be processed.