

The person(s) I care for is/are my:

husband wife
parent(s) parent(s)-in-law
partner son daughter
other relative
friend neighbour

(please circle)

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: _____

Who gave you this form?

Alzheimer's Support is the local carers' organisation for people looking after someone with Alzheimer's disease or another type of dementia. We offer information, facilitate carers' groups and provide educational sessions for carers.

Our day cubs for people with dementia are open 7 days a week, and our home and community support services can be arranged to suit your needs.

Our **Helpline** is available between 9am and 4pm Monday-Friday.
Tel 01225 776481

Other useful telephone numbers:

Carers Support Wiltshire
Tel: 01380 871690
Email www.carersinwiltshire.org.uk

Alzheimer's Society Helpline:
Tel: 0845 300 0336

If you experience any difficulty with registering as a carer with your GP, please contact your local carer organisation.



Produced by
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Charity Reg No 1048314
Company Limited by Guarantee
Registered in England No 3082546

**Letting
your GP
know
that you
are a
Carer**



(This does not include people employed to provide care)

Are you caring for someone with memory problems who needs extra help in order to manage at home? Perhaps they depend on you?

If you are helping them to manage at home, you will have become a carer and might feel you need a bit of help and support 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 the family home.

Perhaps you see it as 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 GP can help him/her to support you and make sure that you yourself get the right sort of care. **You are important too.**

Carers themselves have felt that it is important that GPs recognise and value the work that they do as carers. The Government has responded by encouraging GPs to make special arrangements to support carers.



Your GP's surgery is trying to trace all those patients who are carers and set up a Carers' Register. This will mean that carers are recognised by the practice and steps taken to support them.



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

As a registered carer you are entitled to an annual health check by your GP or the Practice Nurse.

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/Surgery is: _____

I care for the following:

Name(s): _____
