

Caring for someone can be very rewarding. It can also be very tiring and stressful and have an impact on your own health.

You could be a relative who has become a carer either suddenly or over a period of time. You may do their shopping, cleaning, cooking and help them to wash and dress. You may have to be taxi driver, look after their finances and other family issues. Carers' Support understand the issues that you face.

Talk to **Carers' Support** about:

- Meet and Talk Groups
- Carers' Needs Assessment
- Training courses
- Respite activities

Please register me with **Carers' Support.**

Please tick

Cut along dotted line and return this portion to your GP reception



The Kent Carers' Emergency Card

Giving carers peace of mind as they put into place an emergency plan for the person they look after. This plan will come into action if the carer is involved in an incident or accident preventing them from returning immediately to their caring role. And it's **FREE**



Speak to Carers' Support for an application form.

tel. 01233 664393

If you ticked the box on the tear off slip, we will contact you shortly.

Your local **Carers' Support** can help

Norman House, Beaver Business Park, Beaver Road, Ashford, Kent, TN23 7SH tel. 01233 664393

Charity no. 1061475

Does someone in your life depend on you?



Oaklands Health Centre
Stade Street
Hythe
Kent, CT21 6BD
Tel: 01303 235300



Looking after unpaid family carers

Looking after YOU

Considering some of these questions can help you to identify if you need specific support, information or advice

Do I know enough about the condition of the person I care for?

Have I got enough information about their medication or treatment?

Can I get support for the person I care for?

Where can I get the support I need– especially for a break?

How do I juggle my job with my caring role?

Are there others in the same situation as me?

‘I didn’t realise I was a carer, I’m just a wife doing the best I can to look after my husband at home’



SUPPORTING CARERS IN ASHFORD, SHEPWAY & SWALE

Finding solutions

Find out if there are illness specific groups that can give expert advice.

Register with your GP and local Carers Support organisation as a carer.

Talk to support workers about how your caring role is impacting on your life.

Ask for a Carers Assessment as a way of identifying and addressing your needs.

Talking to your health professional can help in understanding the condition and medication that the person you are caring for is having to cope with, but to do this ,you and the person you care for will need to agree to sharing confidential information. You can do that by simply signing and returning this form to the receptionist at your surgery or medical centre.

‘Just talking to someone about my situation looking after my Dad has helped me to think more clearly and feel less stressed’.

Carers’ Registration and declaration to share confidential information between patients and their GP.

Carer’s name.....

Cared-for’s name.....

Relationship.....

Reason for care.....

.....

Carers’ Address.....

.....

.....

.....Postcode.....

Home tel.....

We agree to the sharing of confidential information between us and our GP. Thus avoiding confidentiality issues.

Signed.....Carer

Signed.....Cared-For

Date.....