

Carers information

Carers

Do you help a family member, friend or neighbour because of their physical, mental ill health, fragility, learning disability or substance misuse?

- I collect mums prescriptions
- I help my Nan with her shopping & laundry
- I take my friend to appointments.
- I administer my son's medication.
- I manage my mum's money.
- I help my neighbour with her cooking & cleaning.

If you help anyone with any of the tasks above or any other support related tasks then you are an unpaid carer.

Why register as a Carer with your GP

By identifying yourself as a carer, you will be added to our Carers Register. In doing so we will, where possible, try to help you access our services more conveniently.

- You will be entitled to a free Health Check
- You will be offered a free Annual Flu Jab.
- Where possible you will be offered flexible appointments.
- Help you get advice on treatment for the person you look after.
- Provides a gateway to all kinds of information and support including respite.
- If you are agreeable we can refer you to the Northamptonshire Carers Service which is a countrywide organisation who provides lots of free support and services including.
- Free gym sessions.
- Free Carers sitting service access to respite care or maybe simply to provide a kindly ear if things get too much (more information regarding Northamptonshire carers below.

Are you aged 5yrs -17yrs and helping to look after someone in family?

You might be helping with things like.

- Cooking.
- Paying bills.
- Dressing.
- Shopping.
- Giving medicine
- Bathing.

There are a lot of free services available to support young Carers and their families such as:

- Social activities and games.
- School support.
- Meeting others.
- 1-1 support and lots more.

If you are a young carer we would like you to let us know, you can do this by letting the practice know.