



## Does your GP surgery know you are a carer?

It is important that your GP surgery knows you are a carer. We therefore encourage all carers making use of our service to inform their GP surgery that they are an unpaid/informal carer. In order to help you register as a carer with your GP, you can use the slip below to provide the information they need. The benefits of registering as a carer with your GP include:

- You may be able to access more convenient dates and times for appointments that take into account the complexity of your caring role;
- You may be contacted for specific seasonal services that can help protect the health of both yourself and the person you care for, such as the COVID-19 and flu vaccines;
- The surgery staff will be able to give you information about local support services for carers;
- If the person you care for is also a patient at the same practice as you, please also make your GP aware as you may be able to have joint appointments or longer appointment slots.

Remember, communication is key – it is important to be as open as possible with health and social care professionals about the impact your caring role has on you. The more they know, the better they can support you. All patients' records are confidential, so if you need a GP to discuss information with you about the person you care for, speak to the receptionist to find out how they can support you with this.

For the attention of (surgery name): \_\_\_\_\_

***I am writing to request that I be added to the practice's carers register.***

### My details as a carer

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address inc. postcode: \_\_\_\_\_

Tel: \_\_\_\_\_

NHS number (if known): \_\_\_\_\_

Further information (e.g. details of emergency contacts):  
\_\_\_\_\_

Signature: \_\_\_\_\_

### Details of the person I care for

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address inc. postcode: \_\_\_\_\_

NHS number (if known): \_\_\_\_\_

Signature (if appropriate): \_\_\_\_\_