

Do you look after someone?

If you look after someone who is ill, frail, disabled or who has mental health or drug and alcohol problems and could not manage without your help, we want to ensure *you* get all the support *you* need. You may be entitled to a range of support from both the practice and local support organisations such as Sunderland Carers Centre. As a GP practice we know that by supporting you better, we are also supporting the person you care for.

Have you registered as a carer with us?

When people need help with their day-to-day living, they often turn to their family and friends. Many people don't recognise themselves as carers and would say "I'm just being a husband, wife, partner, parent, son, daughter, brother, sister, friend or good neighbour." You may be caring unpaid or receive Carer's Allowance.

Identifying yourself as a carer with us allows us to offer you:

- an annual carer's health check with our practice nurse
- a free flu vaccination if the welfare of the person you care for could be at risk should you become ill
- a referral to Sunderland Carers Centre if the person you look after lives in Sunderland. Should you wish, they can offer you a Carer's Needs Assessment
- advice about other local and national organisations who can support you in your caring role and/or the person you look after
- help to maintain your own health and to balance caring with other aspects of your life, like work and family

You are entitled to this support regardless of how many hours a week you spend in your caring role. You may help with personal tasks like getting someone dressed, turning them in their sleep, helping them to the toilet, to move about or administering their medication. You may provide emotional support and reassurance or help with things like shopping, laundry, cleaning, cooking, filling in forms or managing money.

To notify us that you are a carer, please ring us on 0191 5679179 or complete our carer's identification and registration form.