



## **Do you look after someone?**

You could be looking after a family member, friend or neighbour of any age, who through physical or mental illness, disability, addiction or frailty cannot manage without your help. If so, you are a carer, and your surgery can offer you support from the GP Carer Support Adviser. Even if you don't see yourself as a 'carer', if you are looking after someone who could not cope without your support, help is available.

Carers will be offered a convenient appointment with a GP Carer Support Adviser, at the surgery or at home. The service is designed to reach out to carers, telling them about the support available and looking at numerous issues including social isolation, housing, legal issues, accessing correct benefits and arranging respite care, for example. The service is free and confidential. The GP Carer Support Adviser will treat you in a friendly and understanding way, with no pressure – you can take things at your own pace.

Throughout the UK approximately six thousand new people per day are identified as carers. Carers are twice as likely to suffer ill health as those who do not have caring responsibilities. Caring for someone can be very rewarding, but people who provide care can find their own needs are neglected. The demands of caring can affect carers' employment, finances and relationships, and have a detrimental effect on their physical, mental and emotional wellbeing.

If you would like to speak to a Carer Support Adviser, please ask your doctor or another member of surgery staff to make a referral, or call this number for more information: 01905 751 349.