

Please complete the enclosed form to let us know you are a carer and have this information recorded on your medical records.

City of Doncaster Council – Support for Carers

Doncaster Adult Care Services : 01302 737100

The Carer's Wellbeing Service is provided directly by the council. The Wellbeing Team will be able to give you information about your rights, and advise if you could claim some benefits and allowances or tax reductions.

Tel: 01302 737100

Email: carers@doncaster.gov.uk

The Carer's Wellbeing Service run the below carers peer support groups

- Kirk Sandall Assembly Hall – 1st Wednesday of the month, 10:30am -12pm
- St Mary's Church Hall, Sprotbrough – 1st Thursday of the month, 1:30pm – 3pm
- St Peter's Church Hall, Conisbrough – 3rd Tuesday of the month, 10:30am-12pm

For more information visit:

<https://www.doncaster.gov.uk/services/adult-social-care/carersoffer>

LEAFLET FOR CARERS

The practice has a number of carers in the practice area who look after a friend, relative or neighbour, unpaid and without support.

Research shows that for every 1000 patients, 120 will be carers. It has also been estimated that 1 in 5 households in the UK may contain a carer.

Definition of a Carer

Individuals irrespective of age, who provide or supervise a substantial amount of care on a regular basis of a child, relative, partner or neighbour who is unable to manage on their own due to illness, disability, frailty, mental distress or impairment.

The term “carer” would not normally apply if the person is:

- a paid carer
- a volunteer from a voluntary agency
- anyone providing personal assistance for payment either in cash or kind

People who receive carers allowance are still unpaid carers.

A carer can be a child looking after an older person or parent, or an older person looking after a disabled partner. The definition may be quite wide-ranging.

We would like to help all carers registered with the Practice, firstly by finding out who you are, and then if the GP or Carer feels an assessment of need is appropriate, to provide information about self-referral or make a referral to Adult Care Services on your behalf.

CARERS REGISTER

Once registered, you will receive a Carers Information Pack; this includes details of Doncaster Carers Service who can support you.

Who is a Carer? Many people are in a caring role but do not recognise themselves as a Carer.

They will say;

"I'm not a carer, we care for each other"

"I'm not a carer; it's my Mum/Son/Neighbour etc."

"I'm not a carer I only pop in to see if their okay or want anything from the shop"

We would say to all these people **Yes! You are a Carer.**

If you are still unsure whether you are a carer look at the two lists below and if you can tick at least one box in each section then you are a carer.

You have a family member or friend who has:

Physical disability, MS, Cerebral Palsy, Arthritis etc.	
Mental Health problem, Depression, Schizophrenia, Bi-Polar etc.	
Learning Disability, ADHD, Autism, Asperger's	
Sensory disability, hearing, sight or speech problems	
Dementia, Alzheimer's, frail due to age	
Suffered a Stroke, heart attack, head injury	
A drug, drink problem	
HIV or AIDS	
Cancer	

You help them with

Shopping / Cooking / Housework / Gardening/ Washing /dressing	
Doctor / Hospital / Dentist appointments / Medication	
Mail - Filling forms in / Benefits / Finances	
Popping in - to check they are okay / Visiting - to keep company	
Transport (lifts) or help when using public transport	

To join our carers register, please write your details below and hand into reception,
Thank you

Name	
Address	
Tel no:	
If the person you care for is a patient at this surgery please write their name in this box	