

**DETAILS OF PERSON CARED FOR:**

|               |  |
|---------------|--|
| Name          |  |
| Date of Birth |  |
| Address       |  |
| Postcode      |  |
| Home Tel      |  |
| Mobile        |  |
| Email         |  |

I give consent for this information to be recorded on the clinical record of my carer and my medical records. I also give consent for relevant medical information to be shared with my carer.

|                                     |  |
|-------------------------------------|--|
| Signature:<br>(of person cared for) |  |
| Date:                               |  |

**SECOND CONTACT IN CASE OF EMERGENCY:**

|   |  |
|---|--|
| Name:   |  |
| Date of Birth:  |  |
| Address:  |  |
| Postcode:   |  |
| Home Tel:   |  |
| Mobile:   |  |
| Email:  |  |
| I live with the person I care for:  | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| If I have a health problem I may need the practice to see me at very limited times or provide a home visit: | Yes <input type="checkbox"/> No <input type="checkbox"/> |

I give consent to being registered as a carer:

|           |  |
|-----------|--|
| Signature |  |
| Date      |  |

**Carers' Simple Assessments**

NHS Bristol and Bristol City Council have come together to improve support for Carers.

Carers' Simple Assessments are available to carers (with a Bristol GP) who are finding caring is affecting their health and wellbeing but are not currently in receipt of social care services.

Assessments can connect carers to the support they need and result in a one-off payment to help them take a break from caring.

**Call 0117 965 2200 for more details**

**Useful Contacts****The Carers' Support Centre**

**Carers Line 0117 965 2200**

Open 10am - 1.00pm and 2pm – 4pm Mon – Thurs  
and 10am – 1pm Fridays

[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)

The Carers' Support Centre provides information, advice and services to support carers.

**Bristol City Council Social Care & Health**

**Care Direct 0117 922 2700**

[www.bristol.gov.uk/social-care-health/carers](http://www.bristol.gov.uk/social-care-health/carers)

Providing information, advice, carers' assessments and may deliver care and support services.

**Well Aware**

**0808 808 5252**

[www.wellaware.org.uk](http://www.wellaware.org.uk)

Well Aware provides information on health, wellbeing and community resources.

**Carers Direct**

**0808 802 0202**

Open 8am – 9pm Mon – Fri  
and 11am to 4pm at weekends

<http://www.nhs.uk/carersdirect/carerslives/updates/pages/carersdirecthelpline.aspx>

Providing information on day-to-day living with illness or disability



**Birchwood Medical Practice**  
Wick Road, Brislington  
Bristol, BS4 4HU  
Tel: 0117 330 4223

# Are you a Carer?



Does someone at home or in the neighbourhood depend on you to help with the tasks and/or responsibilities of everyday living?

Perhaps you care for someone in the family or for a friend?

*This does not include people employed to provide care*

## You may be a carer ....

...if you provide help and support to a partner, relative, child, friend or neighbour who could not manage without your help because of physical or mental illness, disability, frailty or addiction.

There are thousands of unpaid carers in Bristol. Anyone can become a carer - children, parents, daughters, sons, spouses, partners and friends.

Many people don't think of themselves as carers; they just look after someone close to them. Caring often just happens to you as you find that someone close to you gradually needs more help.



## Support for you

Becoming a carer can feel isolating and it's often a struggle to get the information you need. When you are looking after someone, it's important to have some help and support for yourself, such as a break from caring. Your local Council (Social Services) will be able to tell you how they can help and explain about Carers' Assessments.

The Carers' Support Centre is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful, (e.g. the Carers' Emergency Card). They can put you in touch with other organisations that offer specialist support, for example about dementia, mental health problems or recovering from a stroke.

The Carers' Support Centre can also advise on any financial help you or the person you look after may be entitled to. There are also carers' groups that meet regularly to share practical ideas and friendship.

You can call the Carers' Support Centre confidentially on **Carers Line 0117 9652200**.

## Your Own Health

As a carer, it's important that you look after your own health; it is easy not to look after your own health when you are busy looking after someone else. Here at Birchwood Medical Practice we want to do all we can to help you to stay as fit and healthy as possible.



We will do our best to help you look after yourself, as well as the person you care for. For example we offer flu vaccinations to carers each autumn.

We keep a Carers' Register so that we can let you know about any new services or support that becomes available.

**If you want us to know that you are a carer, please fill in the form opposite and hand it in at Reception. Then your name can be added to our Carers' Register.**

**Find out more on our website**  
<http://www.birchwoodbristol.nhs.uk>

### Birchwood Medical Practice Appointments

If you need to see a doctor or nurse, please contact us to make an appointment:

Telephone: 0117 330 4223 / 4225

#### Opening Hours:

Monday - Friday  
7.00am - 6.30pm



## Carer Identification Form

I am a Carer and give permission for my name to go on the Carers' Register at Birchwood Medical Practice and for this to be noted on my medical records. I am happy to be contacted by email or text from time to time (where email address/ mobile is given).

|   |  |                             |
|---|--|-----------------------------|
| Name:   |  |                             |
| Date of Birth:  |  |                             |
| Address:  |  |                             |
| Postcode:   |  |                             |
| Home Tel:   |  |                             |
| Mobile:   |  |                             |
| Email:  |  |                             |
| I live with the person I care for:  | Yes <input type="checkbox"/>                 | No <input type="checkbox"/> |
| If I have a health problem I may need the practice to see me at very limited times or provide a home visit: | Yes <input type="checkbox"/>                 | No <input type="checkbox"/> |
| I give permission for my details to be passed to the Carers' Support Centre for advice and support:         | Yes <input type="checkbox"/>                 | No <input type="checkbox"/> |
| The person/s I care for is/are my: <i>(Please tick)</i>   |  |                             |
| <input type="checkbox"/> Parent(s)  | <input type="checkbox"/> Daughter            |                             |
| <input type="checkbox"/> Parent(s)-in-law   | <input type="checkbox"/> Son                 |                             |
| <input type="checkbox"/> Husband  | <input type="checkbox"/> Friend              |                             |
| <input type="checkbox"/> Wife   | <input type="checkbox"/> Other family member |                             |
| <input type="checkbox"/> Partner  | <input type="checkbox"/> Neighbour           |                             |
| The person/s I care for is/are also registered at Birchwood Medical Practice                                | Yes <input type="checkbox"/>                 | No <input type="checkbox"/> |

#### I give consent to be registered as a carer:

|            |  |
|------------|--|
| Signature: |  |
| Date:      |  |

#### Practice Administrative staff Only:

If carer has agreed for the information to be sent to Carers' Support Centre, please scan and email the form to [tripti.ohn@nhs.net](mailto:tripti.ohn@nhs.net) to be sent to Carers Support Centre via secure email