

# Register with your GP now to get support!

It's important that everyone who works at your GP surgery knows you are a carer so that they can offer you help and support if you need it. Your GP has a responsibility to support you in your caring role but also to manage and to maintain your own health and wellbeing.

## How do you register?

There should be a registration form in your practice. If you cannot see a form then please ask a receptionist or your GP. Simply fill in the form and hand it back to a GP or receptionist.

## Why register?

By telling your GP you are a carer, they will be able to support your individual health and wellbeing needs. It is easier to access carer support once registered. Each GP practice offers an individual package of support to carers so please ask your GP about this.

## Who can register?

Anyone who looks after a friend or family member who cannot manage without them, and is unpaid, can register with their GP. This includes young carers who are under 18.

Here is a list of key organisations who may be able to offer you support, information or advice...

Surrey County Council Adult Social Care – 0300 200 1005

Surrey County Council SMS service – 07527 182861

Adults Team – 0300 200 1005

Children's Team – 0300 200 1006

Out of hours – 01483 517898

[www.surreycc.gov.uk/adultsocialcare](http://www.surreycc.gov.uk/adultsocialcare)

NHS Direct – 111

Surrey Independent Living Council (SILC)

Tel: 01483 458 111

SMS service – 07919 418 099

Email: [admin@surreyilc.org.uk](mailto:admin@surreyilc.org.uk)

Action for Carers Surrey – 0303 040 1234

SMS service - 07714 075993

Email: [CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk)

Web: [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)

Carers Direct – 0300 123 1053

[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

Crossroads Care Surrey – 01372 869970

Email: [enquiries@crossroadscaresurrey.org.uk](mailto:enquiries@crossroadscaresurrey.org.uk)

Web: [www.crossroadscaresurrey.org.uk](http://www.crossroadscaresurrey.org.uk)

NW Surrey Alzheimer's Society – 01932 855582

East Surrey Alzheimer's Society – 01883 740010

SW Surrey Alzheimer's Society – 01483 642055

Email: [surrey@alzheimers.org.uk](mailto:surrey@alzheimers.org.uk)

Web: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

# Do you look after someone who COULD NOT manage without you?

## Is the care you provide unpaid?



## There a variety of ways your GP can support you to maintain your own health and wellbeing.

# GP Carer Breaks

Having some time away from your caring role is crucial to maintaining your own health.

## What is a carer break?

In Surrey, GPs can refer carers for a GP carer break. This is a **one off payment** that is used to allow you to have some time away from your caring role. Some people use this money to purchase replacement care for their loved one, buy a laptop to keep in touch with people or towards a bigger expense such as a holiday.

## How can you access a carer break?

First of all, you need to register with your GP as a carer. There is information in this leaflet on this. Once your GP knows you are a carer, they may discuss GP carer breaks with you and make a prescription if they feel this will be beneficial. GPs have some guidelines that they have to follow when giving carers break payments, meaning your GP makes a professional, clinical decision based on your health requirements.

**If at any point you feel that your mental and/or physical health is deteriorating as a result of your caring responsibility then speak to your GP.** It may be that, previously you wouldn't have benefited from a break payment but will now. Caring for someone can be unpredictable.

# The Surrey Carers' Prescription

The Surrey Carers' prescription is a way for GP's and other professionals to refer a carer on to specific carer support services.

## What types of services could you access through the prescription?

- **Social care** offer support to carers. This could be through a carers assessment.
- **Action for Carers** offer information, support, advice and advocacy.
- **Surrey young carers** offer support to carers between 5 and 18 years old.
- **Sitting services** are available through a range of organisations, including Crossroads Care.
- **Information packs**
- **Emergency cards** enable you to identify yourself as a carer in case of an emergency so replacement care can be arranged for your loved one.

**For any more information on the carers prescription, please speak to your GP.**

# Online Support

In Surrey, we have a digital offer for Carers. This enables you to access information, guidance and support online without needing to leave the person that you care from and from your home.

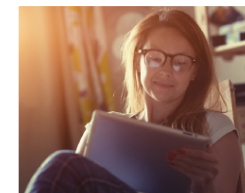
## What can you access?

- **About me (e-learning)** This is a course designed to help you identify and find resourced and support to prevent your caring responsibilities from becoming overwhelming
- **Jointly (App)** This is a central place to store and share information about the person you care for with friends & family
- **Free publications (Carers UK Guide)** provide information for carers including 'Carers Rights Guide and Being Heard: A self advocacy guide for Carers'

We've teamed up with Carers UK to give carers in our area access to a wide range of digital tools and essential resources that may help make their caring situation easier.

Visit:

[carersdigital.org](https://carersdigital.org)



**Your Free Access Code is: DGTL3562**