

Useful Contacts

Surrey County Council Adult
Social Care Contact Centre
0300 200 1005

or text 07527 182 861.

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

Action for Carers—

Carers Information Centre
0303 040 1234

Or visit actionforcarers.org.uk

For information of other organ-
isations visit

Surreyinformationpoint.org.uk

Carer's Digital Resources

Visit: carersdigital.org

Your Free Access Code is: DGTL3562

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.

About Me eLearning Course

This online course aims to help you identify and find resources, technology and sources of support to prevent your caring responsibilities from becoming overwhelming.

Jointly Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, **allocate tasks, save files and notes, manage medication and lots more.**

Free publications Carers UK guides

Essential reading for carers including: Upfront guide to caring, Looking after someone, Carers Rights Guide and Being heard: A self-advocacy guide for carers

Plus much much more!



Do you look after someone who couldn't manage without you?

GP Carer Registration Form



Does your GP Know?

Many people look after family or friends who can't manage without them. This could be due to a serious health condition, disability, mental health, illness, frailty, addiction or substance misuse. Being a carer can often affect your own health but your GP can support you if they know you care for someone.

Just fill in the form and hand it to a receptionist to register yourself as a **CARER!**

Tell us about yourself



Name

Address

Name of Surgery

Date of Birth

Gender

Home phone number

Mobile phone number

Email address

Preferred method of contact

The practice can register any children in the household who are caring as young carers. If you would like your children registered please list their names below.

What is the primary condition of the person you are caring for?

Is the person you care for registered with the practice Y/N

For Surgery Staff Use

Once the Carer has identified, your should identify any communication, religious or cultural barriers and then provide the appropriate support.

Have you asked whether there are children in the household who are caring?

You should now:

- ◆ Register the adult patient as a carer using Read Code 918G or appropriate Snomed code
- ◆ Register young carers (5 to 18 years) using read code 918h or appropriate Snomed code.
- ◆ Refer the carer for support services using the GP Carers Prescription (this includes GP Carer Break Payments). A Carer Break Payment needs to be authorized by a GP.
- ◆ Ensure the health needs of the carer have been identified and assessed appropriately
- ◆ Ensure the carer has been given information and understands the benefits of registering as a carer

What happens next?

Please ask to be given 'The Guide on Carers Support in Surrey' and Carers Emergency Card , Also take a look at your surgery's Carers Resource File.

If you feel that your health is suffering due to looking after someone, please make an appointment to see your doctor.

Your GP can help you to look after your own health needs by having more knowledge of your caring role,

Please note: Completing this form does not automatically entitle you to have access to the medical records of the person you are caring for. Check your surgery policy regarding this

**Pick up your Carers
Emergency Card up to-
day from this surgery**

