

# GP Carer Registration Form

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

**Register as an unpaid carer  
today with your GP**



# Does your GP know you're a carer?

If you look after a friend or family member who is ill, disabled, has a mental health problem or is struggling with an addiction and cannot manage without you, you are a carer. Being a carer there may be times when you need help too, and your GP can support you if they know you are caring for somebody.

Fill in the form below form and hand the part with your details to your GP practice to register yourself as a carer so you can access support to help as you care.

## Action for Carers

Action for Carers provides free information, advice and support for carers of all ages, right across Surrey. Our support includes weekly carer hub-based support, benefits advice, advocacy, guidance on moving and handling, workshops, events and support groups (by Zoom and face to face), free resources and more.

**Telephone:** 0303 040 1234

**Text (SMS):** 07714 075993

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

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

## Crossroads Care Surrey

Crossroads offer an Emergency Care Planning Service with access to 24- hour support if required through either your own nominated person or they can arrange for free professional care support workers to step in once you have registered with them. You can also receive a carers card and a helpline number to call if an emergency arises.

They also offer Carer Replacement Breaks (up to 35 hours) to help you take some time out from the caring role.

**Telephone:** 01372 869 970

**Text (SMS):** 18001 01372 869 970

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

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

## Healthwatch Surrey

Healthwatch Surrey would like to hear from you to help improve carer services and support in Surrey.

**Telephone:** 0303 303 0023

**Text (SMS):** 07952 787533

**Email:** [enquiries@healthwatchsurrey.co.uk](mailto:enquiries@healthwatchsurrey.co.uk)

**Website:** [www.healthwatchsurrey.co.uk/giving-carers-a-voice](http://www.healthwatchsurrey.co.uk/giving-carers-a-voice)

## Surrey County Council Adult Social Care Information and Advice Service

**Telephone:** 0300 200 1005

**Textphone:** (via Relay UK): 18001 0300 200 1005

**Text (SMS):** 07527 182 861 (for the deaf or hard of hearing community)

**Email:** [asc.infoandadvice@surreycc.gov.uk](mailto:asc.infoandadvice@surreycc.gov.uk)

**British Sign Language:** [www.surreycc.gov.uk/bsl](http://www.surreycc.gov.uk/bsl)

**Website:** <http://www.surreycc.gov.uk/adults>

Fill in the form below and hand this to the GP surgery receptionist.

## What Happens Next?

Your GP will register you as a carer with your surgery. If you would like to be referred to Action for Carers or Crossroads Care Surrey or other carer support services, please ask your GP to refer you.

Also take a look at your surgery's Carers Resource File which can be found in the surgery waiting area and contains helpful information.

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 with 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.

Other support available as a carer:

- Flu vaccine.
- Covid-19 vaccine.

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## Tell us about yourself

Please add your answers in the space after each question.

**Name**

**Gender**

**Address**

**Telephone/Mobile**

**Date of Birth**

**Email**

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:

Is the person you care for registered with the same GP practice as yourself? (Circle or cross as applicable)

Yes No

What are the conditions of the person you are caring for? What additional support do you feel you need?

Have you or the person you care for ever served in the Armed Forces? (Circle or cross as applicable)

Yes No

# For GP Practice Staff

Once the carer has identified themselves to you, please identify any communication, religious or cultural issues and provide the appropriate support.

You should now: Register the patient as a carer using one of the following SNOMED CT codes for unpaid carers. These codes apply to both young and adult carers.

- 224484003
- 301767002

GP/other medically trained staff actions:

- Ensure the health needs of the carer have been identified and assessed.
- Ensure the carer has been given information and understands the benefits of registering as a carer.
- The Carer Prescription is also available to the practice to refer carers to other services.  
Note: The GP will have to get consent from the carer to complete and submit the carers prescription.

Please detach this section and give the remaining information back to the carer.