

WE CARE BECAUSE YOU CARE

Do you provide regular, unpaid help and support to a partner, relative or friend who couldn't manage without you? Someone who has a long term illness, disability or is older and frail? If so, then then you are a carer. You provide a valuable service to the person you look after, and we want to recognise and support you with this.

LOOKING AFTER YOU...

ANNUAL CARER HEALTH CHECKS are offered by your GP Practice. Not only is this an opportunity to check you are keeping well but it also gives you a chance to talk about your caring role and identify ways in which you may get extra support if required.

Your health check doesn't always mean an extra appointment to add to your already busy caring schedule. Many practices can link it with an existing appointment or provide a home visit if it's difficult to visit the surgery.

Carer quote ...'I know I probably need a new knee but I can't take time out to get it done because my husband needs me there'.

Seeing a health professional can lead to a problem being dealt with more quickly and effectively and support can be put in place to ensure the person you care for is well looked after during the process.

If you're not already registered with your GP as a carer then tell your practice so they can add you to their carer register and offer you an annual health check at a time that is convenient for you.

Melissa Taylor, Health Linkworker
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Reg Charity 1082166

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