

Caring for someone can be very rewarding. It can also be very tiring and stressful and have an impact on your own health.

You could be a relative who has become a carer either suddenly or over a period of time. You may do their shopping, cleaning, cooking and help them to wash and dress. You may have to be a taxi driver, look after their finances and other family issues. Carers' Support understand the issues that you face.

Talk to **Carers' Support** about:

Tele-befriending

Meet & Talk Groups

Free Carers' Health Checks

Please register me with
Carers' Support

Please tick

Cut this section off and return to your GP Reception

The Kent Carers' Emergency Card
Giving carers peace of mind as they put into place an emergency plan for the person they look after. This plan will come into action if the carer is involved in an incident or accident preventing them from returning immediately to their caring role. And it's **FREE**



Speak to Carers' Support for an application form

Tel: 01233 664393

Your local **Carers' Support** can help
Normal House, Beaver Business Park
Beaver Road, Ashford, Kent
TN23 7SH Tel: 01233 664393

Charity No. 1061475

Does someone in your life depend on you?



Hamstreet Surgery
Ruckinge Road, Hamstreet
Ashford, Kent TN26 2NJ

Tel: 01233 730190



Looking after un- paid family carers



Looking after YOU

Considering some of these questions can help you to identify if you need specific support, information or advice.

Do I know enough about the condition of the person I care for?

Have I got enough information about their medication or treatment?

Can I get support for the person I care for?

Where can I get the support I need—especially for a break?

How do I juggle my job with my caring role?



SUPPORTING CARERS IN ASHFORD, SHEPWAY & SWALE

Are there others in the same situation as me?

“I didn’t realise I was a carer, I’m just a wife doing the best I can to look after my husband at home”

Finding Solutions

Find out if there are illness specific groups that can give expert advice.

Register with your GP and local Carers Support Organisation as a carer.

Talk to support workers about how your caring role is impacting on your life.

Ask for a Carers Assessment as a way of identifying and addressing your life.

Ask for a Carers Assessment as a way of identifying and addressing your needs.

Talking to your health professional can help in understanding the condition and medication that the person you care for will need to agree to sharing confidential information. You can do that by simply signing and returning this form to the receptionist at your surgery or medical centre.

“Just talking to someone about my situation looking after my Dad has helped me to think more clearly and feel less stressed”.

Carers’ Registration

and declaration to share confidential information between patients and their GP.

Carer’s Name _____

Cared-for’s Name _____

Reason for care _____

Address _____

_____ Postcode _____

Telephone: _____

We agree to the sharing of confidential information between us and our GP. Thus avoiding confidentiality issues.

Signed _____ Carer

Signed _____ Cared-For

Date _____