

For your surgery information

CALLING ALL CARERS

‘Carers provide unpaid care by looking after an ill,
frail or disabled family member, friend or partner’
(Carers UK 2010)

If this describes you, then this booklet contains
essential information for you.
Please take one.



Are you looking after a child, an adult family member or a friend who:

is elderly?

has a physical or learning disability?

suffers from mental health problems?

suffers from long-term health problems?

If so, you are one of Britain's 7 million unpaid

CARERS.

No matter how much you love the person you are looking after, caring can be a lonely and stressful experience, which can affect your health.

You may feel a little low, have aches and pains from providing extra help, or be exhausted and therefore more susceptible to infections.

As a **CARER**, you have a vital role as a partner in the caring team, and we recognise this. We understand that as a **Carer**, you may be under pressure and need additional support and information.

In order to give you support and help, we need to know which of our patients are **Carers**. If you would like to complete the enclosed form and hand it to reception we can indicate on your notes that you are a **Carer**.

You may not have time to care about yourself, however we do. So if you are feeling that you could do with a check up please arrange an appointment and make sure you focus on your needs.

Specialist help, support, information or just a sympathetic chat is available through

CARER SUPPORT WORKERS

and they can be contacted via **Somerset Direct on 0845 345 9133**