

## CARERS' REGISTRATION FORM

We would like to offer our carers any help that is available. So that we know you are a carer, please complete this form and hand it in to a member of the reception team.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone No: \_\_\_\_\_

GP: \_\_\_\_\_

### I care for:

Name: \_\_\_\_\_

Relationship: (please tick appropriate box)

Husband	<input type="checkbox"/>	Wife	<input type="checkbox"/>
Partner	<input type="checkbox"/>	Child	<input type="checkbox"/>
Mother	<input type="checkbox"/>	Father	<input type="checkbox"/>
Other relation	<input type="checkbox"/>	Friend	<input type="checkbox"/>

**All information recorded on your notes is confidential and will not be given to any other person or organisation without your permission.**

Once your GP knows that you are a carer, more help may be available to you. This help may well involve the West Somerset Carers' Support Worker and could involve support from other services.

**Being a carer can be a very demanding role. If you feel you need help, please ask. There are people/organisations available who may be able to ease your burden.**



**West Somerset Healthcare**

Williton and Watchet Surgeries  
Robert Street  
Williton  
Taunton  
Somerset  
TA4 4QE  
(01984) 632701

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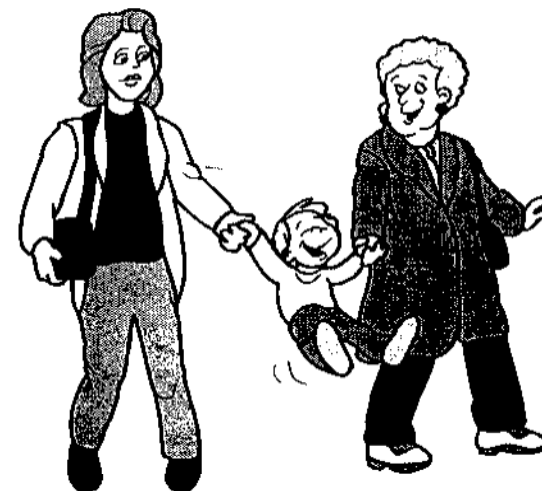
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**WILLITON & WATCHET  
SURGERIES**

**PATIENT INFORMATION  
LEAFLET**

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*Information and Support for  
Carers*



## THE ROLE OF THE CARER

If you are one of Britain's seven million unpaid carers, your role will involve looking after a relative or friend who is unable to manage at home because they may be:

- Elderly and/or frail
- A child or an adult with physical or learning disability
- A person suffering from depression, anxiety or other long-term mental illness.

## HOW MAY THE CARING ROLE AFFECT YOU?

Caring for another person, no matter how much you may love them, can be a lonely and stressful experience. You may often have feelings of:

- Anger
- Detachment
- Sadness
- Guilt

You may find yourself suffering with more aches and pains because of the extra lifting involved and you may also feel exhausted coping with the extra workload. All this may in turn make you vulnerable to illness and infection yourself.

**If you are at all worried about your own health please arrange an appointment with your GP. Make sure that your GP knows that you are a carer.**

## FEELING AND EMOTIONS

Caring can bring about many strong and unwanted feelings and emotions. There is no fixed pattern as to how your feelings may develop and there are no right or wrong answers on how to deal with your emotions. The situation is different for everyone but it is important to know that there are people who are willing to help.

## WHAT HELP IS AVAILABLE?

A visit to your GP should lead you in the direction of further help but you may be interested to know that West Somerset has its own Carers' Support Worker. For help, advice, information or just a sympathetic chat on any aspect of being a carer, please contact:

PAT HUGHES

Telephone No: 0845 345 9133

If you would like to speak to someone informally at the surgery, please talk with our trainee Carers Champion, Marie Richards, who will be pleased to help you.

## CARERS' REGISTER

So that your GP knows you are a carer when you visit him/her at the surgery, we would be grateful if you could complete the form on the reverse of this leaflet and hand it in to the reception desk.

The information will then be recorded confidentially on your notes and will not be disclosed to any other person or organisation without your permission.