

STANSTED SURGERY
CARERS IDENTIFICATION AND REFERRAL FORM

DO YOU LOOK AFTER SOMEONE WHO IS ILL, FRAIL, DISABLED OR MENTALLY ILL?

If so, you are a Carer and we would like to offer additional support to you. Please complete this form and hand it in at reception, post, or email stansted.surgery@nhs.net back to the surgery.

Carers Name	
Address	
Post Code	
Telephone Number	
Any relevant information	

DETAILS OF THE PERSON YOU LOOK AFTER

Name	
Date Of Birth	
ADDRESS (If Different From Above)	
Post Code	
Telephone Number (If Different From Above)	
GP Details	
Relationship to carer	
Brief medical problem	

CONSENT OF CARER

I consent to the above details regarding my Carer status being recorded at Stansted Surgery

Date	Signature
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Is the person you care for also a patient at Stansted Surgery – if so please consider whether you need access to their medical records as part of your caring role. This cannot be granted without the consent of this person so please complete the consent below.

CONSENT OF PERSON CARED FOR

I consent to the disclosure by Stansted Surgery of such clinical information that may be considered necessary by a health care professional to the carer named above.

I understand that the doctor may override this authority at any time, and that this permission will remain in force until cancelled by me in writing.

Date	Signature
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Name of person that cares for me:.....

THE STANSTED SURGERY

Partners

Dr C G Leeman MBBCH, DFFP, Dip Med Ac

Dr A Henderson MBBS MRCP MFPH

Dr E Andrei Doctor (Medic) Bucharest DTSRH

Dr A Bata MB ChB MRCP

Associate Doctor

Dr G Berrocal

LMS Universidad de Lleida (Spain) 2008

Do you look after someone who is chronically ill, frail, disabled or mentally ill and who could not manage without your help? If so, you are a carer.

We are interested in identifying carers, especially those people who may be caring without help or support. We know that carers are often “hidden” looking after a family member or helping a friend or neighbour with day to day tasks, and may not see themselves as a carer. If you were to become ill or injured – would that person be left vulnerable? To be a carer you do not have to be in receipt of any carers allowances – the majority of carers are unpaid – saving the UK economy £132 billion a year.

We feel that caring for someone is an important and valuable role in the community, which is often a 24-hour job that can be very demanding and isolating for the carer. We further believe carers should receive appropriate support by way of access to accurate information on a range of topics, such as entitlement to benefits and respite care and not least, a listening ear when things get too much.

As a Carer, you are also entitled to have your needs assessed. A Carer’s Assessment is a chance to talk about your needs as a carer and the possible ways help could be given. It also looks at the needs of the person you care for. This could be done separately, or together, depending on the situation. There is no charge for an assessment.

If you are a carer, this is an opportunity to let the practice know so that we can update our records. Please complete the form on the next page.

If the person you care for is also a patient at Stansted Surgery, it may be worth considering whether you need access to their medical records as part of your caring role. This cannot be granted by us without the consent of this person.

Should you wish to pursue this option, please obtain consent by asking them to complete the second consent box at the bottom of the form. If they are not registered with us then you should contact their surgery to let them know that they have a carer.

Please find details of support available to carers on the following page.

Please contact the surgery if you require any further information.

Yours sincerely

Mrs Tracey Sneddon
Deputy Practice Manager
Stansted Surgery

Support for Carers

Support is available to carers in Essex from **Carers FIRST**. A leaflet highlighting their services and other support will be given to you with this letter.

Young carers (under 18) and young adult carers (16-25) are those who help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

Carers FIRST can signpost all carers to the best support for them.

Other Useful Contacts

Essex Social Care	0345 603 7630 (care for adults)
The Outside Clinic - Eye Tests at home	0800 85 44 77
Advocacy Service for deaf & hard of hearing	01245 283777
Citizens Advice, Bishops Stortford	03444 111 444
Citizens Advice, Saffron Walden	01799 618840
4SX Essex Carers – The Way to Work	01268 923912
Action for family carers	01621 874817
Action for family carers – MacMillan Carers Service (for carers helping someone through cancer)	0300 770 8090 or 01621 851640
Action for family carers – Young Adult Carers (16-24)	0300 770 8090
Action for family carers – Young carers (8-18)	0300 770 8090
Essex Youth Service Young Carers Team	0345 743 0430
Support 4 Sight (for carers of partially sighted and blind people)	01799 523700