

Remember carers...

You know how important carers are. They are partners in patient care.

Carers need your support because caring puts a carer's own health at risk.

If a carer's health suffers, patients suffer too. This is avoidable, with the right support.

Remember carers. Identify them on your practice register. Refer them to Carers in Hertfordshire. Work with us to support them.

You have it in your power to make an enormous difference



Contact Us

To find out more about how we can help you and your practice in recognising and supporting carers, please get in touch.

Carers in Hertfordshire
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Hertford
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Call us on **01992 58 69 69**
or email: contact@carersinherts.org.uk

www.carersinherts.org.uk

registered charity number 1085491

Carers in Hertfordshire. A Company Limited by Guarantee. Registered Company Number 4131036 (England and Wales)
Registered Office: Hertfordshire Carers Centre, The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX
Principal Funders:



Carers in Hertfordshire and GP surgeries
Working together to keep carers healthy



www.carersinherts.org.uk

We're here to help carers...

A carer you refer to us will become more informed, more confident and more resilient. Better equipped as a partner in patient care.

We offer carers free training, information, advice and support.

We provide specific help for people caring for those with dementia, drug or alcohol issues, mental health problems or learning disabilities.

We run special support and activities for young carers.

Caring with Confidence: Free training for carers

Caring with Confidence is our series of free training sessions for carers covering all aspects of the caring role and helping carers look after their own health and wellbeing.

Make a Difference: Funded breaks to improve carer health

Make a Difference is our initiative to provide funded breaks for carers referred by their GP. Grants are available for all sorts of things such as gym membership, massage, a weekend away or a new hobby.

Make a Difference gives carers a break and helps them stay healthy.

We're here to work with you...

Across Hertfordshire we are working with GP surgeries to increase the number of carers identified, registered and supported. By joining forces we will keep carers in good health and prevent disruption to patient care.

Carers in Hertfordshire is a carers' organisation. When you refer a carer to us we will support them in their role.

To help you we will provide information packs and referral forms. We make the referral process quick and simple.

Tell carers about us. And when you meet a carer in need of a break, recommend our Make a Difference funding. To access this initiative, carers must be referred by their GP.

Refer carers to us so we can support them in their role as partners in patient care

Ask us about training for your practice, on identifying and developing support for carers

Visit www.carersinherts.org.uk/gps for information for GPs

What you can do for carers...

Your practice can help ensure carers are identified and supported, to continue in their role as partners in patient care.

- Ask new patients if they look after someone who relies on them for support
- Identify carers at your flu clinics and public health checks
- Use read codes to identify carers and those they care for
- Ensure your practice registers all carers
- Offer carers flexible appointments
- Seek permission to share information between people with long-term conditions and their carers
- Offer carers on your register flu vaccinations
- Refer carers to Carers in Hertfordshire for support and for funded breaks

Enter the annual Caring about Carers Awards

Run by the RCGP to recognise GPs across the nation who are supporting carers.

