

## **Family Carers Prescription Guidance for GPs and Surgeries**

### **Who is the Prescription for?**

Your patient who you and he/she agree is a family carer.

*'A carer spends a significant proportion of their life providing unpaid support to family or potentially friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems'.*

Carers at the Heart of the 21st Century DH, 2008.

### **When would you prescribe?**

When you identify a family carer and you both agree they would benefit from speaking to a worker from Carers Trust Cambridgeshire (CTC) for one or both of the options below.

**Information and planning** The worker will listen to the family carers situation and work through their priorities. These can include their rights, moving and handling training, benefits, support services available in Cambridgeshire, emergency plans.

**Taking a break** The family carer can have some support from CTC. They can design this with CTC to suit their circumstances as a break away or with the person they care for or practical support.

**Statutory Carers Assessment** CTC will refer for or provide a statutory Carers Assessment.

### **Who is eligible?**

The person can be new to caring or have been caring for some time. They can be doing this without support or already be receiving some formal support. If they receive some support but they need either the **Information and/or planning** or **Taking a break** due to current circumstances as a single top up they are eligible.

### **When would you NOT prescribe?**

Once the person has had a Prescription there should be no need to make a repeat. The prescription is not intended to encourage people to return to Primary Care to access on-going support services. The prescription is intended to provide an initial and timely bridge into accessing services provided in Cambridgeshire. CTC will give individual guidance on what is available in each individual circumstance and support people to access services.

### **How do you prescribe?**

Complete the Prescription form in full. Give this to the family carer to contact CTC or the Practice can fax this over.

### **Is anything else required?**

**You must tick the codes you feel are most appropriate on the end of the prescription**

**AAH, AAPC contributes to**

Avoidance admission to Hospital /Permanent Care

**EOL, PC, LTC contributes to care of**

End of Life, Palliative Care or long term condition

**EH, PH stabilises or prevents**

the deterioration of Emotional or Physical Health

**Please also ensure the carer is on your carers register**

## Family Carers Prescription Guidance for GPs and Surgeries

<b>Provider Name</b>	<b>Carers Trust Cambridgeshire</b>
<b>Provider Address</b>	<b>4 The Meadow, Meadow Lane, St Ives, Cambridgeshire PE27 4LG</b>
<b>Telephone Number</b>	<b>01480 499055</b>
<b>Fax Number</b>	<b>01480 461133</b>

For general advice you may also choose to contact:

NHS Carers Direct	<a href="http://www.nhs.uk/carersdirect">www.nhs.uk/carersdirect</a>	Carers Direct Helpline: 0300 123 1053
Cambridgeshire County Council online	<a href="http://www.cambridgeshire.gov.uk">www.cambridgeshire.gov.uk</a>	Contact Centre: 0345 045 5200
Carers Advocacy	<a href="http://www.carerstrustcambridgeshire.org">www.carerstrustcambridgeshire.org</a>	Tel: 01480 499056
Age UK Carers Advocacy (Carers of older adults/Young Onset Dementia)		Tel: 0300 666 9860
Cambridgeshire County Council Carers Support Team:		Tel: 0345 045 5202 or 01480 377616
	<a href="http://www.yourlifeyourchoice.org.uk/i-need-help-with/being-a-carer/information-and-advice/carers-support.aspx">www.yourlifeyourchoice.org.uk/i-need-help-with/being-a-carer/information-and-advice/carers-support.aspx</a>	