

acornsurgery
The Oak Tree Centre
1 Oak Drive
Huntingdon
PE29 7HN
Telephone 01480 483100

If you are a Carer, you are entitled to help in this role, either just a break for yourself, or with the person you care for, financial support, respite, etc. Take the first step and let us know you are a Carer. Let us organise the support you deserve.

OUR CARERS CHAMPIONS AT THE SURGERY ARE:-

Sue Hughes (Adult carer champion)

Lorna North (Young carer champion)

Claire Holman (Carer Representative)

Dr Mary Simpson (GP Representative)

Trish Hawitt Palmer (Management Rep)

Are you a Carer?



Who is a Carer?

Many people don't recognise themselves as carers – they often care for a parent/guardian, a child with needs, grandparent, husband or wife, brother or sister, a friend or neighbour just because they think they have to or because they are simply a kind and thoughtful person.

You are a carer if you spend a proportion of your life providing unpaid support to someone, then you are a Carer. This could be caring for a relative, partner or friend who is ill, disabled, frail, or has mental health problem or struggles with substance misuse.

Young carers are aged 8 – 16 years and Young adult carers are classified between the ages of 16 and 21. They generally provide care for another family member who needs support.

If you are a Carer, please put your details below:-

NAME _____ Date of Birth _____

PHONE NUMBER/s _____

Is the person you care for registered at our surgery? **Y** **N**

If **YES**, what is their name? _____

What is your relationship to them? _____

TICK ✓ HERE  SO THAT WE CAN ADD YOUR NAME TO OUR CARERS REGISTER AND PASS YOUR DETAILS TO CROSSROADS CARE WHO WILL OFFER HELP AND SUPPORT.

Did you know?

- Each year there is a 1 in 15 chance of any one of us becoming a carer.
- Many carers work. 1 in 8 people in the workforce combine work and caring.
- Every day another six thousand people take on a caring responsibility (*Carers UK*).
- 51% of carers have suffered a physical injury such as a strained back since they began to care.
- 59% of carers have been treated for stress related illness since becoming carers.
- 94% of all carers admitted to having a mental health problem, including stress.

Carers Trust Cambridgeshire Crossroads Care Service provides breaks for Carers of all ages, organise events and outings, provide respite care for Carers so they can leave the cared-for person and get out independently, organise rest breaks and general support to meet individual needs. They help Carers to have a life of their own outside of their care role.

Acorn Surgery can organise a 'prescription' if you are a Carer. This is a referral to Crossroads who are the professionals able to support you in the best way possible. Please ask at Reception or when you see the Nurse or Doctor or call to speak to one of our Patient Champions.

If the person you care for is a registered patient at the Acorn Surgery, it is important that we have their consent so we can discuss their care with you. For example, as their Carer, you will be able to make appointments for them, ask for test results, speak to staff about their care, etc.

Please organise for the person you care for to sign below giving their consent for you to have access to information about them from their medical record.

If there is a problem with the patient being able to sign, please let one of our Carers Champions know (see back page)

DECLARATION OF CONSENT*

I (*insert name*) _____

give my permission for (*write your Carer's name below*)

(Carer's name)

to speak to Surgery staff in connection with my medical care.

(Cared for Person)

(signed)

IT IS IMPORTANT THAT YOU RETURN THIS FORM TO THE ACORN SURGERY AS SOON AS POSSIBLE; POST OR HAND IN TO RECEPTION

**We only use this information to pass your contact details to the Carers Trust Cambridgeshire Crossroads Care Service so that support can be offered.*

