



Mythe Medical Practice
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CARERS' LEAFLET

Are you a Carer?
If so, we can offer support and advice



Useful Contact Details

Gloucestershire Carers Hub

Conway House
31 Worcester Street
Gloucester
GL1 3AJ

Tel : 0300 1119000

Website : www.gloucestershirecarershub.co.uk

Gloucestershire Young Carers

Unit 7, Twigworth Court Business Centre,
Twigworth, Gloucester. GL2 9PG.

Tel : 01452 733060

Fax: 01452 731306

Website : www.glosyoungcarers.org.uk

Gloucestershire Social Services

Quayside House
Shire Hall
Westgate Street
Gloucester GL1 2TG

Tel : 01452 426565

Website: www.gloucestershire.gov.uk/health-and-social-care

What Makes You A Carer?

A Carer is someone who regularly looks after a relative, friend or neighbour who, because of disability, age or frailty or mental illness, would otherwise experience significant difficulties living independently.

Most Carers are adults but sometimes people under the age of 18 also take on this role. Carers are unpaid but some may be eligible for and receive a Carers Allowance. However, they would not be considered to be a Care Worker who carries out this work as a paid job.

You can be a Carer whether you live with the person you care for, or at another address. Many people carry out all the duties of a Carer but are not aware that they can be recognised in this role.

How The Practice Identifies Carers

If you have recently joined the practice you will have been given a Registration Sheet to fill in which asks you to let us know if you are a Carer for someone, whether a patient at the practice or not.

Our Summariser will also be looking for this information when we receive your medical records from your previous GP and will check that this information is added to our computer system.

If you are over 75 years of age you will receive an invitation annually for a Health Check with a Practice Nurse. She will regularly update your information to include any change in your circumstances.

If you feel that you may be taking on more duties on behalf of a relative, friend or neighbour and that you could be considered to be recognised as a Carer, discuss your situation with a GP or Practice Nurse.

How We Can Help You

Your health and welfare are important not only to yourself but also to the person you care for to enable them to continue living independently. There is a particular impact that caring has on a Carer's health and well-being, employment, study and leisure interests. This is where the Practice may be able to help "you".

- **Health Check** – we can offer you an appointment for an annual health and wellbeing check with one of our Practice Nurses.
- **Carers Group** – one morning a month Carers in the Practice meet for an hour and a half for coffee and a chat to share advice and their experiences.
- **Influenza Vaccination** – you will be placed on our register of patients eligible for vaccination and receive a letter of invitation each year.
- **Gloucestershire Cares Hub** – We will refer you to this independent, Carer led charitable organisation that seeks to empower Carers across the county to promote their rights and enable them to make positive choices to improve the quality of their lives. They offer information, support, advice and advocacy and are an excellent resource for Carers providing details of short breaks, counselling and listening services, benefits, equipment, aids and adaptations amongst other things.
- **Social Services** – We can also arrange for Social Services to carry out an assessment and arrange assistance with such things as Home Care, Meals on Wheels, Occupational Therapy (handrails, wider doorways, stair lifts) and Benefits.