



Carers registration form – tear off slip

Please update my medical notes to record that I am a carer.

Please send me information on services and support to carers (tick as appropriate)

The person I care for is also a patient at this practice (tick as appropriate)

Name

Address

Date of birth

Relationship to the person I care for

Who should I contact for more information?

If you would like to know more about help and support for carers talk to staff at your GP practice or get in touch with our Patient Experience Team:

Telephone: **023 8029 6066** or email: **SOCCG.patientexperienceservice@nhs.net**

Carers in Southampton

Tel: 023 8058 2387
Email: enquiries@carersinsouthampton.co.uk
www.carersinsouthampton.co.uk

Young Carers

www.southamptonvs.org.uk/about-svs/svs-services/young-carers

Carers Together

www.carerstogether.org.uk

www.southamptoncityccg.nhs.uk

Are you a carer in Southampton?

Find out more about how your local NHS can help and support you



If you are a carer in the city we want to help and show that the invaluable work you do each and every day is recognised.

This leaflet is designed to explain why it is important to tell us you are a carer and how we can help when we have this information. You might be missing out on vital help and support that could make a big difference – read on to find out more.

Who is a carer?

A carer is anybody who looks after a family member, partner or friend who needs help because of their illness, frailty or disability. All the care they give is unpaid and many carers juggle their caring responsibilities with work, study and other family commitments. Anyone can become a carer; people from all backgrounds, cultures and of any age.

If I am a carer in Southampton what should I do to make sure I get the support I need?

Complete the tear off slip over the page, and hand into reception at your GP surgery – we can then make sure you are registered as a carer.

Why is this important?

Your GP and other healthcare professionals caring for you keep records about your health.

Knowing that you are a carer is important because this enables us to treat you appropriately and direct you to the right information, support and services to which you are entitled, hopefully making life a little easier.

Having this knowledge will help us identify if you need any further health advice or support and enables us to plan health services that serve your needs.

Evidence shows that one in eight people are carers, yet until recently this information has not been collected by health professionals. Knowing that you provide care for another person is important because it:

- Ensures we plan for your health needs whilst considering any impact on the person that relies on you for care
- Allows us to consider your “carer” status when you come to the surgery with a health problem
- Enables services to be developed that can support you
- Helps us to assess and monitor the level of support that is offered to you
- Shows us where we need to train staff in recognising your needs so we can be sure that you and other carers in the city are referred to the right services
- Helps us to review the standard and level of support you receive so we can make future improvements

By having this information on our records we can make a difference to the care and support you receive and target resources to best meet your needs.

Once I have given you my information who can see it?

Everyone working for the NHS has a legal duty to keep information about you confidential in line with the NHS Confidentiality Code of Practice. The Data Protection Act 1998 sets out principles of handling information which all NHS organisations must follow. We also have security policies to protect your information.

The number of carers and types of persons cared for will be shared with NHS employees, however they will not see data that identifies you.

Can I see a copy of the information you hold about me as a carer?

Yes. The Data Protection Act allows you to find out what information about you is held in our records. This applies to both manual and computerised records.

What other help might be available?

There are several support groups along with voluntary and community organisations operating in the City which can offer valuable assistance to carers:

Carers in Southampton

Tel: 023 8058 2387

Email: enquiries@carersinsouthampton.co.uk
www.carersinsouthampton.co.uk

Other services include:

Young Carers www.southamptonvs.org.uk/about-svs/svs-services/young-carers

Carers Together www.carerstogether.org.uk