

## Please tell us....

.....if you think you are a carer. We will ask you to complete a short form so that we can update your records and - if appropriate - those of the person for whom you care.

You can either mention it to Reception or you can let your doctor or nurse know.

## What we can do for you

As a carer staying in good health is vital. Did you know you are entitled to a **free flu jab** each year? Just ask at Reception.



Please also see our Carers display within our waiting room area, where you will find other information and leaflets that may find helpful.



Grove House Practice  
St Pauls Health Centre  
High Street  
Runcorn  
Cheshire  
WA7 1AB

Tel No: 01928 566561

Fax No: 01928 590212

Cancellation line: 01928 842577  
(message facility only)

Website: [www.grovehouse.co.uk](http://www.grovehouse.co.uk)

Last reviewed: June 2009

# Are you a Carer?

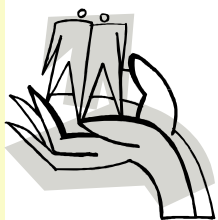
## Patient Information Leaflet

Grove House Practice



## Are You A Carer?

It is estimated that there are over 1300 carers among Grove House patients who look after a friend, relative or neighbour, unpaid and without support (national research shows that for every 1000 patients, 120 will be carers).



A Carer is someone who looks after a relative or friend because of their age, illness, physical or learning disability.

The term "carer" in this context does not normally apply if the person is:

- a paid carer
- a volunteer from a voluntary agency
- anyone providing personal assistance for payment either in cash

A carer may help someone with:

- Washing, bathing and dressing
- Mobility, getting in and out of bed
- Cooking, cleaning
- Collecting medication and helping people take medication
- Socialising and emotional or psychological support

If you do any or all of these things for a person on a regular basis you are a carer. Even if it is your husband, wife or family member. If you are a carer there is plenty of help available to you and, there are organisations who can support and listen to you and offer you extra help.

## Support

Your main point of contact for extra support and help locally is the Halton Carers Centre. They offer free information and guidance, along with free day trips, free pamper sessions, free training courses and more:

### **The Princess Royal Trust Halton Carers Centre**

**62 Church Street  
Runcorn  
WA7 1LD**

You can contact the Halton Carers Centre the following ways:

- **01928 580182**
- **E-mail: [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)**

### **Opening times of Carers Centre are:**

Monday to Friday:  
10am to 4pm



## Carer's Assessment

As a carer you are entitled to have your needs assessed by Adult care services.

A carers assessment is a chance for you to talk about your needs as a carer and to find a possible way that help can be given to you.

There are some other places you can go to for advice and support:

The Princess Royal Trust for Carers has a website that contains plenty of information and also is a place where you can have discussions with other carers.

Go to their website on:

**[www.carers.org](http://www.carers.org)**



The Princess Royal Trust  
for Carers

Being a carer can be a 24 hour job that can be very demanding and sometimes quite isolating.

## We are here for you!

As your GP Practice we can help to support and guide you. We can refer you to the Princess Royal Trust Carers Centre and be your first point of contact.

We can put you onto our carers register so that you are offered extra support from the Practice. We can offer you health reviews and try be flexible with appointment times. We understand that

being a carer is an important role and you must keep yourself healthy.

