

## ABOUT THE PERSON YOU SUPPORT

I care for the following person/people:

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Relationship: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Relationship: \_\_\_\_\_

The person/people I care for is/are registered with the same practice as me.

Yes  No

If you answered 'No' above, please give the contact details of the GP / practice that treats the person/people you care for:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### ABINGTON PARK SURGERY

Ardington Road, Northampton. NN1 5LT

☎ 01604 630396

🌐 [www.abingtonparksurgery.com](http://www.abingtonparksurgery.com)

## USEFUL INFORMATION

### Carers UK Helpline

☎ 0808 808 7777

🌐 [www.carersuk.org](http://www.carersuk.org)

### Northamptonshire Carers

7 Regent Business Park

Booth Drive

Park Farm South

Wellingborough

NN8 6GR

☎ 01933 677907

✉ [carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org)

🌐 [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org)

Full information is available through the Countywide Directory of Services

🌐 [www.caringnorthants.org.uk](http://www.caringnorthants.org.uk)

🌐 [www.carers.gov.uk](http://www.carers.gov.uk)

### Age UK Carer Sitting Service

For patients aged 18 or over

☎ 08456 772220

🌐 [www.acnorthants.org.uk](http://www.acnorthants.org.uk)

### Crossroads Emergency Carers' Service

☎ 01455 555575

🌐 [www.crossroads.org.uk](http://www.crossroads.org.uk)

### Adult Care Services

Providing assessment and care management services to adults with a variety of needs. Can arrange care packages and referrals to other agencies as well as carer assessments

☎ 0300 126 1000

✉ [adultcare@northamptonshire.gov.uk](mailto:adultcare@northamptonshire.gov.uk)



Do you look after a family member or friend?

Do you look after someone?

You may be a husband, wife, son, daughter, relative or friends who is looking after someone who has a physical disability, mental health problem, learning difficulty, has HIV, Aids or is frail and elderly.

If so, you are a carer and might like some support for yourself.



You may have been caring for the person or people for some time already, regularly helping them with everyday tasks or giving them the sort of support they need to stay in the family home...

You may see it as part of your life or duty to care for your Mum or Dad, your partner, your child or friend, but there may be times when you need information, advice or some extra help...

When you are a carer, it is often difficult to have a real break because someone depends on you to look after them. You can get tired and run down and your health may possibly suffer...

Telling us about your situation can help us to support you and make sure that you yourself get the right sort of care. With your agreement we can also put you in touch with the Northamptonshire Carers' Service who offer advice, support and free services such as:

Free gym sessions, carers sitting service, free holiday chalets, take-a-break trips, carers lunch break, reiki and relaxation, regular telephone support, one-to-one peer support and free emergency care service.

If you would like your GP to know that you are supporting someone, please fill in both sides of the form attached opposite and hand it to one of the Receptionists at the front desk.

If you have any questions related to your caring role, please feel free to contact us. There are also support services offered locally and nationally who you may wish to contact. Their details are provided overleaf.



**You are important too!**

## ABOUT YOU

I am a carer and wish my name to be added to my GP's Carers' Register.

I hereby give my permission for this to be noted on my Medical Records held at the practice.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I would like you to refer me to the Northamptonshire Carers Services for support and advice.

Yes

No

My signature: \_\_\_\_\_

Date: \_\_\_\_\_