

Carer Support

You care for someone. We care about you too.

At Wellbrook Medical Centre, we recognise the important role that unpaid carers play in supporting family members, friends and loved ones.

We want to make sure that carers are **recognised, listened to and supported in looking after their own health and wellbeing.**

I'm a carer – what does that mean?

A carer is anyone who provides **unpaid care or support** to someone who needs help because of illness, disability, frailty, mental health difficulties or another long-term condition.

You might help with:

- Medication or appointments
- Personal care
- Shopping, cooking or household tasks
- Managing finances
- Getting around
- Emotional support
- Keeping someone safe or simply being there for them

You don't have to provide care full-time to be a carer – and you may not think of yourself as one.

If you provide unpaid care, please tell us. We can record this on your medical record and make sure you know about the support available.

How can the surgery help?

We recognise that caring for someone can sometimes affect your **own physical and mental health.**

Depending on your circumstances, we can offer or help with:

Your health and wellbeing

An opportunity to talk about your own health, wellbeing, stress, anxiety or low mood.

Carer health reviews

A chance to discuss your health and any impact your caring responsibilities may be having.

Preventative healthcare

Including vaccination advice and other appropriate health checks.

Flexible appointments

Where reasonably possible, we can consider telephone or video consultations where clinically appropriate.

Support with care

Where appropriate and with consent, we can involve carers in the care planning of the person they support.

Emergency planning

We can help you think about what would happen to the person you care for if you suddenly became unwell or were unable to provide care.

Finding further support

We can signpost or refer you to organisations that provide additional practical, emotional and social support.

Remember – you are a patient too

It can be very easy to put your own health last when you're caring for someone else.

Please talk to us if caring is affecting your health or wellbeing, or if you're finding things difficult.

You don't have to wait until you're struggling before asking for help.

Young carers

A **young carer** is someone under 18 who provides unpaid care or support to another person.

Caring can sometimes affect a young person's:

- Physical and mental wellbeing
- School attendance and education
- Concentration and achievement
- Friendships and social life
- Future opportunities

We will make sure that young carers have an opportunity, where appropriate, to talk about **their own health and wellbeing**.

We can also provide information and signpost or refer young carers to specialist support.

Young adult carers

Young adult carers aged **17–25** may need additional support as they move into adulthood and manage changes such as college, university, employment, training or housing.

We can help identify appropriate support and signpost young adult carers to specialist services.

[Find out more about support for young carers →](#)

What about confidentiality?

If the person you care for is also a patient at Wellbrook Medical Centre, we may be able to involve you in their care **with their consent**.

Being someone's carer does not automatically give you access to their confidential medical information.

Where appropriate, the patient can give consent for relevant information to be shared with you, or online/proxy access may be considered.

[Find out more about family and carer access →](#)

Where can I get more help?

Derbyshire All Age Carers Support Service (DAACSS)

We work with **DAACSS**, which provides support for unpaid carers across Derbyshire.

They can offer:

- Information and advice
- Carer's assessments
- Support planning
- One-to-one support
- Support groups and activities
- Help with emergency planning
- Advice about accessing other services
- Support for young carers and young adult carers

[Find out more about DAACSS →](#)

Telephone: 01773 833833

Email: info@derbyshirecarers.co.uk

Carer's assessments

If you provide unpaid care, you may be entitled to a **free carer's assessment** to look at your own needs and what support could help you.

A carer's assessment is about **you and your wellbeing** – it isn't an assessment of how well you provide care.

[Find out about carer's assessments →](#)

Emergency planning

What would happen if you suddenly became ill and couldn't care for the person who depends on you?

Having an emergency plan can help make sure they continue to receive appropriate support.

Derbyshire also offers a **Carer's Emergency Card**, which can identify you as a carer if something happens to you.

[Find out more about emergency planning →](#)

Tell us you're a carer

If you are an unpaid carer, **please let us know**.

You can tell us when:

- Booking or attending an appointment
- Speaking to our reception team
- Completing a practice form
- Contacting us about the person you care for

We can record your carer status and make sure you are aware of the support available.

You don't have to do it all alone.

If you're a carer, we're here to support you too.