

Carers GP Champion

It has been proven that having one key person to volunteer as a Carer Champion can make a big difference for both the practice and carers.

A Carers Champion is a member of the practice staff that will coordinate the identification and support of carers within the practice. They will act as the voice for carers and be the key person to coordinate the actions below:

- Develop a practice pathway policy (with support from DCA) and ensure the whole practice is aware of the Carer's Policy and are following this pathway.
- Ask carers to join the PPG to promote carer awareness via coffee mornings and health events etc - and to help develop further carer support within their practice.
- Ensure that the whole practice team are carer aware and look for new ways of identifying carers.
- Use a variety of methods to identify carers and encourage self-identification, for example, through notice boards, flu clinics, notices, leaflets, website, new patient registration forms, patient and notes on prescriptions.
- Encourage as many staff as possible to attend carer awareness training.
- Develop, maintain and regularly update a carer register (using the correct coding).
- Ensure that the whole practice make the Carers Champion aware when someone has passed away, so the carers do not receive unnecessary information that could cause emotional distress.
- Signpost carers to where they can find more information and support.
- Build and maintain a file of information that all staff members can access and give to carers, either a folder or an online database.
- Offer better access and flexibility of appointments for carers, making it easier for them to access healthcare.
- Offer carer health checks to monitor physical and mental health, plus annual influenza immunisation.
- Develop closer links with local carer organisations, social services and the voluntary sector.
- Participate in a CCG carer champion network – to be arranged by GP liaison worker and Derbyshire Carers Association.

