



Derbyshire  
Carers  
Association

01773 833 833

[info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)

[www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)

## Does your GP know you are a Carer?

There are a few things you can do to help any Healthcare Professional such as your GP support you better as a Carer.

- Ask your GP or their receptionist to put you on their Carer Register. This is the simplest way of getting the support you may need as a Carer. Some GP practices have arrangements in place for Carers, such as a more flexible appointment booking system. You may also be contacted about flu jabs and other services relevant to you as a Carer.
- If the person you care for is also a patient at the same practice as you, make the reception staff aware. If not, you may also want to think about letting the practice that your cared for person goes to know that they have a Carer.
- Communication is key. Be open with healthcare professionals about the impact your caring role has on you. The more they know, the better they can support you.
- All patients' records are confidential! If you need a GP to discuss information with you about the person you care for, speak to the receptionist to find out what arrangements, if any, your practice has in place, and what you need to do to help make this happen.
- If you know any other Carers, ask them if they are registered as a Carer with their GP. Encourage them to receive the support they may need now or some time in the future.
- For any other support for Carers contact your local GP Surgery.