



**DO YOU LOOK AFTER  
OR CARE FOR A  
RELATIVE OR FRIEND?**

**THEN HELP AND SUPPORT IS AVAILABLE**

**THIS LEAFLET WILL PROVIDE THE CONTACT  
DETAILS AND INFORMATION ON HOW TO  
ACCESS THE SERVICES YOU MAY NEED**



**The Doctor's and staff are fully supportive of patients and where needed, their carers**

An informal carer is someone who supports or looks after a friend, family member or neighbour due to illness, frailty, disability, mental health problem, drug or alcohol misuse or learning disability.

If you provide (or intend to provide) physical, practical or emotional support to someone on a regular basis then you can be considered a carer.

Many people do not see themselves as a carer. They think of themselves as a friend or family member and do not realise that there may be help and support available to them in addition to the person they are caring for.

You do not need to live with the person you care for or be in receipt of carers allowance in order to access support.

If you believe you may be a carer then there is support available.

For more on for information, help and support go to:

<https://www.stockton.gov.uk/media/1585468/carers-interim-fact-sheet-feb-19.pdf>

If you would like to have a 'Carer's Assessment' please go to:<https://www.stockton.gov.uk/our-people/adult-social-care-requesting-care-and-support/how-to-request-a-care-assessment/>

Or call: First Contact 01642 527764



**Please complete this section and pass to our reception staff so that we can register you or nominate someone as a carer on our system**

**Name of patient:**.....  
.....

**Date of birth:**..... **Tel Number:**.....

**Address:**.....  
.....

**Details of care needs:**.....  
.....

**Name of Carer:**.....  
.....

**Date of birth:**..... **Tel Number:**.....

**Address:**.....  
.....

Office use only: For patient records code 918F and for carer's record code Ua0bD, then scan into carer records.