

Example e-mail / letter to all patients.

Dear

Are you looking after someone who could not cope without your support?

My name is (insert name) and I am the Carers Lead at (insert GP Practice). We are updating our records and want to invite all patients who are caring (unpaid) for a family member or friend to inform us of your caring role.

A carer is a person of any age (including children) who provides unpaid support to a partner, relative, friend or neighbour who couldn't cope without their help. This could be due to old age, frailty, disability, a serious health condition, mental ill health, or substance misuse. Parents of children who are disabled or who have a serious health condition are also considered to be carers.

Letting us know you are a carer helps us to respond to your requirements better.

With the consent of the person you care for, we can share their medical information and correspondence, provide online proxy access and include you in the care planning process. Knowing your circumstances will enable us to work with you to make sure you can access appointments and it also allows us to help you plan for emergencies.

We want to ensure that your health is supported as well as the person you care for, so identifying as a carer enables us to offer you appropriate health checks or prioritise you for free vaccinations such as covid and flu.

We work in partnership with Carers Support West Sussex and if you want and provide consent, we can directly refer you for additional practical or emotional support such as equipment funding, benefit advice, social opportunities, support groups or just where to start.

We have attached a simple carers registration form for you to complete and return to us. We hope you will take the time and look forward to hearing from you.