

Beechwood Medical Centre

If you're a Carer who helps and supports someone who can't manage on their own, we want to ensure YOU get all the support YOU need.

To be able to do this, we need to know certain facts about your caring situation, as listed in the form overleaf.

Please complete this form and either hand it to our Receptionist or place it in the special "Carers Referrals" box in Reception.

If you are agreeable, we will pass your details to the Carers Service, a countywide organisation providing relevant information and advice, local support services, newsletter and telephone linkline for carers.

With your permission, we will also refer you to have your needs assessed by Adult Care Services. This is called a Carers' Needs Assessment.

There is no charge for this, and it's your chance to discuss your role as a Carer and what help you may need to:

- ❖ Support you as a Carer,
- ❖ Maintain your own health
- ❖ Balance caring with other aspects of your life, like work and family, looking at both your current and future needs.

It's NOT about judging the way you are caring for someone, nor should social services assume that you wish to become, or carry on being, a carer.

As a result of completing the Assessment, the local authority may provide services to help you in your caring role or to maintain your own health and well-being.

It can also look at the needs of the person you care for. This could be done separately, or together, depending on the situation.

Beechwood Medical Centre

Carer's Identification and Referral Form

YOUR DETAILS

Name			
Address		Date of Birth	
		Home Phone	
Post Code		Mobile Phone	
Any relevant information			

DETAILS OF THE PERSON YOU LOOK AFTER

Name			
Address		Date of Birth	
		Home Phone (If different)	
Post Code		Mobile Phone (If different)	
GP details (If different)			

Please pass my details to the Carer's Service

Please refer me to Adult Care Services for a Carer's Needs Assessment

Signed: _____

Please complete this form and either hand it to our Receptionist or place it in the special "Carers Referrals" box in Reception.

Thank you for completing this form

If you're a Carer who helps and supports someone who can't manage on their own, we want to ensure YOU get all the support YOU need.

We are trying to identify as many Carers as we can, particularly those people who may be looking after a member of their family or helping a friend or neighbour with day to day tasks, don't really regard themselves as a Carer and are undertaking this vital activity without help or support.

Although extremely valuable and important, Caring for someone can mean being in demand round the clock and lead to a feeling of isolation, which is why we want Carers to receive all the support and information we can give, on topics such as benefit entitlement, access to respite care or maybe simply to provide a kindly ear when things get too much.

If you are caring for someone, we really would like you to let us know, so that we can ensure our records are up-to-date and, if you are agreeable, pass your details to the Carers Service, a countywide organisation providing relevant information and advice, local support services, newsletter and telephone linkline for carers.

We will offer you a self-referral to have your needs assessed by Adult Care Services. This is called a Carers' Needs Assessment. There is no charge for this, and it's your chance to discuss your role as a Carer and what help you may need to:

- ❖ Support you as a Carer,
- ❖ Maintain your own health
- ❖ Balance caring with other aspects of your life, like work and family, looking at both your current and future needs.

It's NOT about judging the way you are caring for someone, nor should social services assume that you wish to become, or carry on being, a carer. As a result of completing the Assessment, the local authority may provide services to help you in your caring role or to maintain your own health and well-being. It can also look at the needs of the person you care for. This could be done separately, or together, depending on the situation.

If you are a Carer, please do spend a couple of minutes to complete the attached form and then return it to the Practice – either hand it in to our Receptionist or place it in the special "Carers Referrals" box in Reception.

We look forward to hearing from you

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We are trying to identify & support as many Carers as we can.

Particularly those people who may be looking after a member of their family or helping a friend or neighbour with day to day tasks, don't really regard themselves as a Carer and are undertaking this vital activity without help or support.

If you are caring for someone, we really would like you to let us know, so that we can ensure you receive all the support and information we can give, on topics such as benefit entitlement, access to respite care or maybe simply being there to provide a kindly ear when things get too much.

***If you are a Carer,
please ask our Receptionist
for a Carer's Identification and Referral Form.***

***Please complete this form and
then either hand it to our Receptionist or
place it in the special "Carers Referrals" box in Reception.***

Beechwood Medical Centre

Agreement by a Patient to allow a Carer to have access to their Personal Details and / or Copies of Correspondence.

Patient's Name	
Patient's Address & Post Code	

To: Beechwood Medical Centre

I give permission for my Carer,, to have access to my personal details and medical records held by the Practice.

Delete those which are NOT applicable:

<i>This permission relates to all my records.</i>	
<i>The permission relates to part of my records.</i>	
Please specify the parts of the record to which access is allowed and any areas which are specifically excluded.	
<i>This permission relates to a specific condition.</i>	
Please specify the condition.	
<i>The permission relates to my Carer receiving copies of all correspondence relating to my treatment.</i>	
I confirm that my GP has explained this to me and has sole discretion to withhold any or all copies.	

I understand that this permission will remain in force until cancelled by me in writing and that the doctor may override this authority at any time.

I consent to my Carer receiving copies of all correspondence relating to my treatment (delete if not applicable). I confirm that this has been explained to me by my GP and that the GP has sole discretion to withhold all or any copies.

Signed Patient: _____ Date: _____

Accepted by Doctor: _____ Date: _____

Contact Points

<u>LOCAL SERVICES & RESOURCES:</u>	CONTACT NUMBER / DETAILS
<p>The City & Hackney Carer's Centre provides:</p> <ul style="list-style-type: none"> • Information & Advice on Benefits and Carers Rights • Form filling including DLA, PIP, ESA and Housing forms • Carers needs assessments for carers of people of 18 (assessments for carers with children under 18 are provided by FAST - First Access Screening Team) • Counselling • Coaching • Support groups • Training and Courses e.g. First Aid or Moving and Handling courses <p>The Carer's Centre hosts a wide range of sessions to support the following carers:</p> <ul style="list-style-type: none"> • Valuing Carers Support Group (a group for all carers) • Young Adults Carers Workshops • Male Carers Support Group • LGBT Carers Support Group • Mental Health Carers Support Group • Turkish & Kurdish Speaking Carers Support Group • Somali Women's Support Group <p>Aim to improve the quality of life for unpaid carers and the people they care for through the provision of information and advice, statutory carer's assessments, one-to-one and group emotional support, advocacy and wellbeing activities.</p>	<p>Support For Carers City and Hackney Carers Centre 1c Mentmore Terrace London E8 3DQ</p> <p>E-mail: ccsadmin@hackneycarers.org.uk Telephone: 020 8533 0951 Telephone: Fax: 020 8985 0639 Website: https://www.hackneycarers.org.uk/</p>
<p>Hackney Carers Coordination Service Address: c/o Social Action for Health, 1c Mentmore Terrace, Hackney, London, E8 3DQ</p>	<p>E-mail: ccsadmin@hackneycarers.org.uk Telephone: 020 8533 0951 Website: https://www.hackneycarers.org.uk</p>

Make referrals to organisations within the **Carers are the Bedrock** partnership who can then provide services e.g. benefits advice, counselling, support groups

the **Hackney Young Carers Project**, run by Action for Children:

- They provide support, advice and advocacy to young carers (aged 5-18) and their families;
- Services include recreational activities, respite (home care), social and therapeutic after school support groups, homework club and holiday activities.

In addition, young carers should be provided with additional information on other providers who may help:

- **Babble** has been created by the Carers Trust as an online space where those aged under 18 who are caring for a family member or friend can chat, share their experiences and access information and advice.
 - The community is supervised by a team of qualified youth, community and social workers, who are on hand to provide expert advice in a friendly, safe environment via email or one-to-one webchats.
- **The National Association for Children of Alcoholics** provides information and support to children (including young carers) of alcoholics
- **Stars National Initiative** are a hub of information, guidance and resources on parental drug and alcohol misuse, and the impact it has upon children and families (including young carers)

Tel: 020 7254 5554

Website:

<https://www.actionforchildren.org.uk/in-your-area/services/young-carers/hackney-young-carers-project/>

Email: youngcarers@carers.org

Website: www.babble.carers.org

Tel: 0800 358 3456

Website: www.nacoa.org.uk

Tel: 0121 212 5598

Website: www.starsnationalinitiative.org.uk

