



# How GPs can support carers

Based on recommendations by the Royal College of GPs and NHS England, here is our GP carer support checklist:



**Ask patients if they are carers.** This is usually a question on the registration form, but GPs should be 'carer aware' and ask if they think someone might be a carer.



**Keep a register for carers.** By being on the register, GPs can offer carers appropriate information and support.



**Tell carers about the NHS Health Check whilst keeping a closer eye on carers' health.** To be eligible for the NHS Health Check, you must be aged between 40 to 74 years old and not have a pre-existing long-term health condition.



**Tell carers about the annual flu jab (if aged 13 or older).** This is provided to carers for free by a GP or pharmacist.



**Tell carers about local support for carers, such as the Carers Support Centre.**



**Offer carers flexible or longer appointments if they need them.**



**Display information for carers in the surgery.** GPs can order a range of free publications, leaflets and posters for carers from the Carers'



**Work in partnership with carers when managing patient care.** Carers can provide invaluable insight and expertise into a patient's care. Appropriate information sharing with consent can help carers and GPs work together to support them.