

Looking after someone?

...then you are a carer!



Support for carers:

- Free football and rugby matches
- Quarterly carers newsletter
- Help for carers in an emergency
- Phlebotomy priority card for carers
- Free carer counselling service
- Welfare benefits advice
- Access to free training
- Carer support groups
- An advocate to represent your interests
- Your health and your GP
- Access to a carers assessment
- Directory of services for carers
- Black and minority carers support
- Fire risk assessments
- Other providers of services

We can make this information available in other formats and languages on request.

Contact us at:

Carers Support Team, Hyndelle Lodge,
King Street, Hindley, Wigan, WN2 3AW.
Phone: 01942 705983
Email: ssdcarers@wigan.gov.uk

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www.wigan.gov.uk/carers

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Carers Project Worker GP Liaison
Wigan Council Department of Adult Services
Carers Support Team
Hyndelle Lodge
King Street
Hindley
Wigan
WN2 3AW.

Who is a carer?

An unpaid person who looks after a family member, relative, partner, neighbour or friend who needs help due to ill health, old age, disability, drug or alcohol misuse or who has mental health problems. You do not have to live with the person, nor do you have to be the only one who does the caring.

You may not think of yourself as a carer. Do you provide:

- physical help?
- help with medication?
- personal care?
- emotional support?

If so...

you are a carer!

You may have been caring for a few months or a number of years. If you are looking after someone, you may find this a very worrying and stressful time. There is support available and you are not on your own. Caring can bring practical and emotional problems, and may affect your wellbeing. Your doctors' surgery can put you in touch with people and organisations that can offer you support.

The Carers' Support Team can:

- let you know about the help that's available to you;
- put you in touch with other carers, who can support you through shared experiences;
- help you to help other carers;
- give you details of activities for carers, and meetings of the Carers' Forum;
- update you on initiatives for carers.

For further information, please call

The Carers' Support Team
on
01942 705983
E-mail: ssdcarers@wigan.gov.uk

Practice Referral Form

If you would like your doctors' surgery to know that you are a carer, please fill in this form and hand it in at the surgery. Or, you can post it to the Carers' Support Team at the freepost address on the back of this form.

Your name _____

Address _____

_____ Postcode _____

Phone number _____

Date of birth _____

The person I care for is:

Male Female

Date of birth _____

- An older person
- A child
- Elderly mentally infirm person
- An adult with mental illness
- An adult with physical disabilities
- An adult with sensory disabilities
- A drug or alcohol misuser
- An adult with learning disabilities

Your doctor's name _____

Surgery address _____

Phone number _____

Where did you pick up this leaflet?

This box is for GP office use only.

Please record this information on your system.
918a for a carer, and 918f for the cared for.
Stamp and seal the card and return to the address overleaf.

For patient use only.

This practice can refer you to Carers' Support Services. If you would like them to do so, please sign and date below.

Signed _____

Date _____

I do / do not wish the above information to be added to my patient records (please delete as applicable).

Signed _____

Please note: all information received is confidential and is stored on computer.