The Burnham Surgery

This carer’s pack includes information on local support for carers. Carer’s referral form and consent forms that can be completed and returned to reception.

**Could you be a Carer?**

* Are you providing any help and support of a partner, relative, child, friend or neighbour?
* Can the person you are caring for manage without your help?
* Do you help someone with their personal care?
* Do you prepare or help someone with meals and drinks?
* Do you accompany someone to the GP or hospital appointments or deliver medication?
* Do you aid someone to mobilise around their home, for example helping them to use stairs safely?
* Do you accompany someone to visit relatives or attend social activities?
* Do you ensure they follow their medication regime?

**Anyone can be a carer. Sometimes they don’t realise they are.**

[**https://www.carersweek.org/images/Resources/CW\_2020\_Definition\_of\_a\_carer\_poster\_A4.pdf**](https://www.carersweek.org/images/Resources/CW_2020_Definition_of_a_carer_poster_A4.pdf)

**At some point in our lives we will become carers. Statistically 3 out of 5 will be a carer, therefore, caring will become part of everyone’s life.**

**Support we can offer at the Surgery**

We are a Carers Trust Network Partner, Centre of Excellence and hold NCVO's PQASSO Level 3 Quality Mark. We provide information, befriending, counselling, volunteering opportunities and respite day care across the county, working within schools and a variety of community settings.

**What happens when you fill in a Carer’s Registration Form?**

Carer Registration Forms can be found at reception. In the new patient form there is a section that states “**do you care for someone that could not manage without your support**?” and a section where you are able to enter all of the contact details for the person receiving the care.

When you register as a carer we will record this in your medical records. You will then be entitled to a seasonal influenza vaccination. It will be recorded that if you were admitted to hospital/Hospice or you needed to be seen by Social Services the interested parties would be able to see from your notes that you are a registered carer and they would be able to give you addition support.

On the referral form there is a tick box which offers you an free and confidential information pack.

A “What if Plan” is a helpful document. You can document all your caring duties so that if you are incapacitated for any reason, someone can take over responsibility as a carer.

<https://www.carersfirst.org.uk/essex/emergency-planning>

In Essex, you can enrol in the Carers Emergency Card Scheme, which is a free service and available to all unpaid carers, this is run by Essex Adult Social Care. If anything untoward happens they are there to ensure the person who is in need of care will have their needs met.

**Useful website links during COVID 19 lockdown**

Being a carer during COVID pandemic – <https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-covid-19>

Being a carer for someone with Dementia during the pandemic - [https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-%28covid-19%29-tips-for-dementia-care)

Being a carer for someone with Cancer during the pandemic - <https://www.macmillan.org.uk/coronavirus/cancer-and-coronavirus>

Being a carer for someone with a mental health condition during the pandemic - <https://www.time-to-change.org.uk/coronavirus>

**Young Carers**

Young Carers - <http://www.essexyeah.org.uk/young-carers.ht>

Living Well Essex- Help for young carers - <https://www.livingwellessex.org/looking-after-someone/help-for-young-people-who-look-after-someone/>

 Help for Young Carers - <https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/help-for-young-carers/#:~:text=The%20Children's%20Society%20runs%20services,touch%20with%20other%20young%20carers>.

**Dementia/Alzheimer’s**

Outdoor Activity Support Age UK - <https://www.ageuk.org.uk/essex/our-services/outdoor-activity-support-service/>

 Activities and support Age UK - <https://www.ageuk.org.uk/essex/activities-and-events/>

Alzheimer’s Society carers looking after yourself - <https://www.alzheimers.org.uk/get-support/help-dementia-care/looking-after-yourself>

 Age UK Home Help Services - <https://www.ageuk.org.uk/essex/our-services/>

Respite Locations in our area - <https://www.carehome.co.uk/care_search_results.cfm/searchtown/Dengie/searchchtype/respite-care>

Dengie D-Caf Support Group - <https://burnham.info/residents/volunteer-groups/dengie-d-caf/>

**Carer for someone with Cancer**

Support for carers of Cancer patients - <https://www.macmillan.org.uk/cancer-information-and-support/supporting-someone/looking-after-someone-with-cancer>

Emotional Support for carers - <https://www.macmillan.org.uk/cancer-information-and-support/supporting-someone/emotional-support-for-carers>

**Caring for Family**

Being a Family Caregiver - <https://supercarers.com/blog/being-a-family-caregiver/>

 Looking after a Family Member or Friend - <https://www.mariecurie.org.uk/help/support/being-there/helping-someone-cope/carer-role>

 **General Carer Support**

Wellbeing & Support groups - <https://www.carersfirst.org.uk/forum-topic/32-Coping-with-Dementia>

Free counselling for Carers- <https://affc.org.uk/services/adult-carers/counselling>

Essex Outreach Service - <https://www.peabodycareandsupport.org.uk/essex-outreach-support/>

Essex Be-Friending Service Connecting People - <https://essexbefriends.org.uk/>

Working carers - <https://www.carersfirst.org.uk/working-carers>

Carers First Forum - <https://www.carersfirst.org.uk/forum>

Action for Family Carers Referral - <https://affc.org.uk/make-a-referral>

NHS Help with Health Costs - <https://www.nhsbsa.nhs.uk/nhs-help-health-costs>

Dengie Counselling - <https://www.dengiecounselling.org/about-counselling.html>

Complementary therapies for cancer patients and their carers - <https://www.macmillan.org.uk/cancer-information-and-support/treatment/coping-with-treatment/complementary-therapies>