



Woodseats Medical Centre

Patient Leaflet

Carers

What is a Carer?

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age. Many feel that they are doing what anyone else would in the same situation; looking after their mother, son, or best friend and just getting on with it.

Carers don't necessarily choose to become carers: it often just happens and they have to get on with it: if they did not do it, who would and what would happen to the person they care for?

What is a Young Carer?

Young carers are children or young people who look after someone in their family who have an illness, disability, or are affected by mental ill-health or substance misuse.

Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. The tasks undertaken can vary according to the nature of the illness or disability, the level and frequency of need for care and the structure of the family as a whole.

A young carer may do some or all of the following:

Practical tasks, such as cooking, housework and shopping.

Physical care, such as lifting, helping a parent on stairs or with physiotherapy.

Personal care, such as dressing, washing, helping with toileting needs.

Managing the family budget, collecting benefits and prescriptions.

Administering medication.

Looking after or "Parenting" younger siblings.

Emotional support.

Interpreting, due to a hearing or speech impairment or because English is not the family's first language.

Some young carers may undertake high levels of care, whereas for others it may be frequent low levels of care. Either can impact heavily on a child or young person.

Where can Young Carers go for online support?

YCNet, at www.youngcarers.net, is the only dedicated website and online support service for children and young people under the age of 18, who help to look after someone in their family with an illness, disability, drug/alcohol addiction or mental health problem. YCNet has an online support team who are on hand to provide help and advice to ensure a safe environment where young carers can chat to others in a

similar position. The Trust also run a buddying scheme for new members and one-to-one support sessions for young carers who are in crisis or need extra support.

We recognise the very important role that carers play in looking after many of our patients and would like to support carers in any way we can by offering support and guidance to **all** carers.

If you agree we will pass your details on to Sheffield Carers Centre which is a city-wide organisation providing relevant information and advice, a free newsletter and information pack, a telephone helpline and access to local support groups. They also have access to a full range of telephone and face to face support with anything relating to your caring situation, including emotional support, and to the 'In Safe Hands' carers emergency card.

We understand that as a carer you may not have the time or energy to seek forms of support or know what help or financial support is available to you. If you let us know we may be able to help and we are always available to listen to any of your issues/concerns. Please let our receptionists know if you would like to speak to someone here at the surgery and our Carers Lead will contact you.

Further information about organisations that may be able to help you can be found on the back page of this Patient Leaflet.

As a carer you are also entitled to have your needs assessed by Sheffield Social Services. A Carers Assessment is a chance to talk about your needs as a carer and the possible ways in which help could be given. It also looks at the needs of the person you care for. This could be done separately, or together, depending on the situation. There is no charge for an assessment.

If you are a carer and would like support please complete this form and return it to reception.

Your details

Name

.....

Address (including postcode)

.....

.....

.....

Telephone number

.....

Any other relevant information

.....

.....

Please pass my details to Sheffield Carers Centre (tick)

Please refer me to Social Services for a Carers Assessment (tick)

Please complete the following. *(If you need help completing the form please ask at reception).*

Section 1 – Details about you

Your details

Surname

Forename

Date of birth/...../.....

Address

.....

Post Code

Home telephone No..... Work Tel No

Mobile telephone no

Brief description of disability/ medical / mental health problem

.....

I agree that Woodseats Medical Centre can store these details on the Practice computer system

Signed Date/...../.....

Please complete section 1 **and** either section 2 or section 3

Section 2 – complete this section if you need someone to help to look after you

Details of the person who cares for you

What is your relationship to this person e.g. husband wife friend etc

.....

Their Surname

Their Forename

Their Date of birth/...../.....

Their Address
.....

Their Post Code

Their Home Tel No Their Work Tel No.....

Their Mobile Tel no

I agree that Woodseats Medical Centre can store these details on the practice computer system

(Needs to be signed by the person named in section 2, i.e. your carer)

Signed Date/...../.....

Section 3 -Complete this if you look after someone

Details of the person(s) you care for :

Their Surname

Their Forename

Their Date of birth/...../.....

Their Address
.....
.....

Their Post Code

Their Home Tel No Their Work tel. No

Their Mobile Tel no

What is your relationship to this person

Brief description of disability/ medical / mental health problem
.....

I agree that Woodseats Medical Centre can store these details on the Practice computer system

(Needs to be signed by the person named in section3,, i.e. the person you care for)

Signed Date/...../.....

Section 4

If you care for more than one person fill in details below

Details of the person(s) you care for :

Their Surname

Their Forename

Their Date of birth/...../.....

Their Address
.....

.....

Their Post Code

Their Home Tel No Their Work tel. No

Their Mobile Tel no

What is your relationship to this person

Brief description of disability/ medical / mental health problem

.....

I agree that Woodseats Medical Centre can store these details on the Practice computer system

(Needs to be signed by the person named in section 4,, i.e. the person you care for)

Signed Date/...../.....

Section 5 – How can we help you

Your Name

Things we may be able to help with

Would you like your prescriptions delivered YES / NO

If yes, which Chemist/ Pharmacy do you use
.....

Do you require a home visit for Flu injections

Do you need any continence supplies/ pads?

Do you have any specific nursing needs e.g. dressings etc? YES / NO

Do you have an allocated social worker YES / NO

If yes please give details

Please give details of other help you may require

.....
.....
.....

We have links with Sheffield Carers Centre.

If you wish your details to be passed onto Sheffield Carers Centre please give your signed permission below. They will register you and you will receive regular newsletters from them.

IF YOU DO NOT WISH YOUR DETAILS TO BE PASSED ON PLEASE IGNORE THIS SECTION.

I would like my details passed on to Sheffield Carers Centre.

Signature of carer Date
.....

Signature of person cared for Date
.....

Useful Contacts

The Sheffield Carers Centre
Concept House
5 Young Street
Sheffield S1 4UP

0114 2788942 Switchboard
0114 2728362 Helpline
10-12am drop-in Wednesday
Tel: 9am – 6pm Mon-Fri
sheffieldcarers.org.uk/

Young Carers Project

0114 2584595

YCNet

www.youngcarers.net

Alzheimer's Society Sheffield
Bamforth Building, 110 Burton Street, S6 2HH

0114 2768414

The Stroke Association

03033033100
www.stroke.org.uk

The Multiple Sclerosis Society

0785864341
rotherhamsheffield@mssociety.org.uk

07935441230
chesterfield@mssociety.org.uk

District Nursing Service

0114 3051460

Sheffield Social Services

0114 2734908 (Adult)
0114 2734855 (Child &
Family)

www.sheffield.gov.uk/caresupport/adult.html

'In Safe Hands' carers emergency card
– Sheffield City Council

0114 2734969

We have a selection of leaflets available. If you are unable to see them on display in the reception area, please ask.