

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.