

Tell us if you have a carer or are a carer.
(Please hand in to our reception team)

Carer's Details

Name:
D.O.B:
Address:
Telephone:

Patient's Details

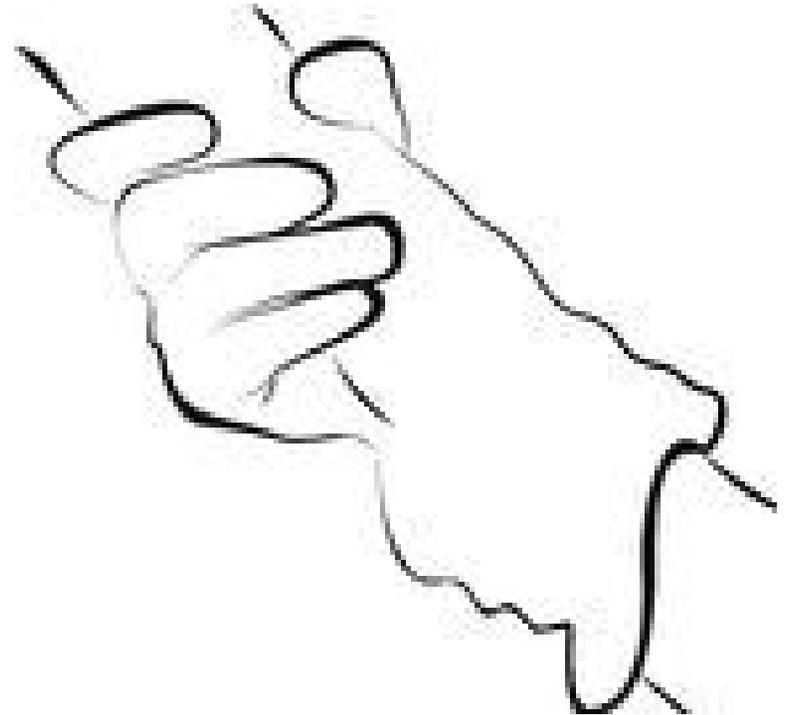
Name:
D.O.B:
Address:
Telephone:

I give my permission for the above named person to discuss my medical history with the Sheldon Practice

Signed:

If you would like to attend a support group specifically for Carers Please tick if yes.

**Are you a
Carer for a
loved one?**



*Being a Carer can be isolating. You are **NOT** alone. This leaflet highlights some of the help that is available for **YOU**.*

What is a carer?

A carer is anyone who looks after a family member, or a friend, with a physical or mental illness, a disability or addiction, because that person cannot look after themselves. The type of help provided can vary from emotional support, to helping with practical tasks like dressing, shopping or managing money.

It is estimated that in the UK, out of every 1000 patients, 120 will be carers. It has also been estimated that in some areas 1 in 5 households may contain a carer.

A carer can be a child caring for an older person, or the other way around; every situation is different. However, the term 'carer' would not normally apply only if the person is a paid carer, a volunteer from an agency, or anyone that provides personal assistance for payment either in cash or kind.

A carer often devotes most of their time to caring for someone else, which has an impact on what they are free to do with their own life. It can sometimes make you feel isolated from the rest of the world. But you are not alone

We know it can be hard sometimes to seek support. However, It can help to access help for yourself and talk to others who understand what you are going through. This leaflet provides some of the places you can turn to for further help and support.

Birmingham Carers Hub

This is an organisation based in our City that can help carers in various ways, from simply giving information and advice, to accessing training, Emergency Response Support when in a crisis, to respite for adults and children. They also have support groups which many patients find useful.

Telephone: 0844 873 3915

Website: birminghamcarershub.org.uk or forwardcarers.org.uk

Other Sources of help and Support

-The Sanctuary, Castle Vale: A fantastic resource, right on our doorstep. They can provide help and support for carers and their families, from Family, Employment and Tenancy Support, to groups aimed at children the elderly and disabled patients.

-Birmingham Social Services: Providing help and support, as well as care assessments for children, adults and carers. 0121 303 1234 www.birmingham.gov.uk/health-social-care

-Birmingham Carers Association: This is an independent charity run by volunteers, all of whom are carers themselves, providing support for others. www.b-c-a.org.uk 0121 675 8176

-Birmingham Age Concern: A wide range of advice and practical support for the elderly and their families 0121 362 3650 www.ageconcernbirmingham.org.uk

-Carers Direct: For carers in England, offering information, advice and support on how to take care of yourself. www.nhs.uk/carersdirect

-Barnardo's: Support for young carers. www.barnardos.org.uk

-Alzheimers Society: A great place for carers to access information or get hold of free publications relating to dementia www.alzheimers.org.uk

-Caring for people with Parkinsons: A wealth of information about this disease and the care required and how to manage the treatment of Parkinsons. www.parkinsons.org.uk

-Royal association for Deaf People: This organisation has a carer's toolkit. All information is signed in BSL with subtitles and is available online, as well as in a writing. www.deafcarers.royaldeaf.org.uk

Know that at Eden Court we are here to help and support you too. Let us know if you are a carer or cared for person by completing the form overleaf.