

# Linden Medical Group

## Carer's Pack



This pack contains the following:

- Carer's Information Poster
- Carer's Identification and Referral form
- Carer's Information of records agreement form
- Carer's contact sheet
- Northamptonshire Carers Service explained

Young Carers Section:

- Young Carers Poster
- Young Carers Identification and Referral form
- About Northamptonshire Young Carers Service
- Young Carers Information

**We are trying to identify & support as many  
Carers as we can.**



# Does your GP know you look after someone?

**If you help a family member, friend or neighbour because of their physical, mental ill health, frailty, learning disability or substance misuse...then you are a Carer!**

(This does not include employed care work)

- Your GP doesn't automatically know your situation or understand how the care you give affects your life.
- Carers are at a higher risk of becoming ill themselves.
- Once your surgery knows you are a Carer they are more able to consider your specific needs.



## Why register as a Carer with your GP?

- It will be recorded in your notes – this is important in case you become unwell and help protect the person you're caring for
- You will be offered an annual flu jab
- You will be entitled to an annual health check
- Where possible you may be offered more flexible appointments
- Help you get advice on treatment for the person you look after
- Provides a gateway to all kinds of information and support including respite
- With your permission we will refer you to Northamptonshire Carers Service who provides free support and services including; Emotional support, Free Gym sessions, Free Carers sitting service and lots more.

Carer's help with personal tasks like getting someone dressed, administering their medication, and taking to appointments, helps with shopping, laundry, cleaning, cooking, filling in forms or managing money.

**If you are a Carer, please fill out our Carer's Identification & Referral form in this pack and return it to us at your convenience.**



## Linden Medical Group

### **Carers Identification and Referral Form**

By identifying yourself as a carer, we will be able to support you and signpost you to the support services available to you as a carer. If you consent, we will also refer you to Northamptonshire Carers Service for an assessment, who will identify your needs and provide further support to you as a carer.

Carers details:	
Name	
Date of Birth	
Address	
Post Code	
Home Phone	
Mobile Phone	
Email	
GP Practice where you are registered	
Signature :	Date:

Details about the person you care for:	
Name	
Date of Birth	
Address & Postcode (If different from above)	
Contact Telephone No (If different from above)	
Relationship to Carer	
GP practice where the person you care for is registered	

Details about the care you provide:

I consent to you referring me to *Northamptonshire Carers Service for further information and support	
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\*The Northamptonshire Carer's Service is a countrywide organisation offering support to carers and young carers by providing useful information, support and advice such as Free Carers sitting service and free gym sessions

**Please return completed forms to reception.**

# Linden Medical Group

## Carer - Patient Consent Form

Patient details:			
Surname		Forename	
Date of birth		NHS number	
Street		Region	
Town or city		Postcode	
Telephone		GP details	

Carer details:			
Surname		Forename	
Date of birth		NHS number	
Street		Region	
Town or city		Postcode	
Telephone		GP details	

I give permission for my named carer, to have access to my healthcare records held by my GP surgery. (Details below)

**Please tick which option is applicable below:**

This permission relates to all my records.		
The permission relates to part of my records.		
Please specify the parts of the record to which access is allowed and any areas which are specifically excluded.		
This permission relates to a specific condition.		
Please specify the condition.		

**I understand that this permission will remain in force until cancelled by me in writing and that the doctor may override this authority at any time.**

**By signing below I consent to the above information being recorded on my medical record.**

Signature (of patient)	
Date	

**I agree that I will treat all information confidentially and will not disclose this information to any third party without the express permission of the person named as the patient above. I will only use this information in the best interests of the patient.**

Signature (of carer)	
Date	

**Please return completed form to reception.**

## Linden Medical Group

Linden Medical Centre, 54 Linden Avenue, Kettering, NN15 7NX

Tel: 01536 481734

[www.lindenmedical.co.uk](http://www.lindenmedical.co.uk)



[www.facebook.com/lindenmedicalgroup](https://www.facebook.com/lindenmedicalgroup)

### Carers Contact Sheet

RESOURCE:	CONTACT NUMBER / DETAILS:
Emergency Dentist	Tel: 01604 406536
Self-referral Physiotherapist	Tel: 0330 555 6789
Northamptonshire Carers	Northamptonshire Carers 123 Midland Road Wellingborough NN8 1LU Tel: 01933 677907 <a href="http://www.northamptonshire-carers.org">www.northamptonshire-carers.org</a>
Northamptonshire Adult Social Services	Tel: 0300 126 1000 <a href="http://www3.northamptonshire.gov.uk/councilservices/adult-social-care/carers">www3.northamptonshire.gov.uk/councilservices/adult-social-care/carers</a>
Alzheimer's Society	Tel: 0300 222 1122 <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
Age UK (Northamptonshire)	Tel: 01604 611200 <a href="http://www.ageuk.org.uk/northamptonshire">www.ageuk.org.uk/northamptonshire</a>
Arthritis Research UK	Tel: 0300 790 0400 <a href="http://www.arthritisresearchuk.org">www.arthritisresearchuk.org</a>
Mind	49-51 Russell Street Kettering Northants, NN16 0EN 01536 523216 <a href="http://www.ketteringmind.org.uk">www.ketteringmind.org.uk</a>
Citizens Advice	Tel: 01536 482281 <a href="http://www.citizensadvice.org.uk/local/corby-kettering">www.citizensadvice.org.uk/local/corby-kettering</a>

#### Other Useful Websites

- [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)
- [www.carenorthants.co.uk](http://www.carenorthants.co.uk)
- [www.care.org](http://www.care.org)
- [www.carersuk.org](http://www.carersuk.org)

**Our Carers Lead at Linden Medical Group is:**

**Jo Hall      Tel: 01536 527072**

Please contact your Carers Lead if you have any queries about our support for carers.





# Northamptonshire Carers Service Explained

If you are a Carer, with your permission we can refer you to Northamptonshire Carers.  
Please fill out the Carers form enclosed within this pack.

- Information and advice
- Signposting and referral to other organisations
- One-to-one telephone support
- Access to Carers Assessments
- Access to all Northamptonshire Carers services
- Ongoing support



## More services provided by Northamptonshire Carers:

1. **Adult Carers Service (18yrs+)**
2. **Young Carers Service (5-18yrs)**
3. **1-1 Telephone Support** - Listening and emotional support/information and advice in times of difficulty, usually for around 6 weeks to help Carer cope with a difficult period. Can be daily, weekly, monthly or as agreed with Carer and can be extended in response to Carers needs.
4. **Peer Support Workers** - Trained members of staff who are or have been a Carer.
5. **Free Carers Sitting Service** - Volunteers to sit with Cared for on a regular basis, usually weekly for around 2hrs per session. Unable to provide personal care or lifting. On occasion recruitment may be necessary before a sitter is available.
6. **Free Gym Sessions** - Carers can book 1 session per week up to 3 months at a time. All Gym facilities including classes are available.
7. **Free Holiday Lodge Accommodation** - 2 lodges are available in Saxmondham, Suffolk. 1 lodge is fully adapted for wheelchair users. The lodges are on a holiday complex with fishing lodge and shop etc. (facilities are seasonal but lodges can be visited all year. There is a £50 donation requested to cover the cost of cleaning/laundry. Transport is required as there are no bus routes nearby.
8. **Free Reiki & Relaxation** - 6 free sessions of Reiki and self-relaxation techniques.
9. **Carers Choir** - Meet every week on Monday morning in Wellingborough.

- 10. Carers Café Drop in Sessions** - Take place in Northampton, Kettering, Wellingborough, Corby, Oundle and Daventry once a month. Carers can bring Cared for to meet others, ask questions and relax supported by the group leader. Tea, coffee and cakes are provided.
- 11. Carers Support Groups** - Are held in Brackley, Denton, Kettering, Northampton, Rusden and Towcester. Parent Carer groups are also available in Northampton and Kettering. There is a Male Carer group in Northampton and a Ladies Carer Group at Prevasi Mandal in Northampton.
- 12. Lunch Clubs** - Informal lunch once a month in Northampton and Greens Norton (nr Towcester) Cared for are also welcome, booking required, charge applicable.
- 13. Trips out & Activities** - Advertised in Monthly Bulletin or at the groups.
- 14. Support for Working Carers** - Building links with local employers to improve support
- 15. Monthly News Bulletin** - Sent by email to Carers and other organisations, also available at Carers Cafes, Support groups and other events.
- 16. Raising Carer Awareness within GP Surgeries and Pharmacists** – includes annual Carers Audit, Investors in Carers GP Accreditation, awareness raising presentations and ongoing links with GP and Pharmacy staff.

## Other Essential Services

- **Needs & Aspirations** – Free courses and activities for Carers across the country. Provides social opportunity and regular respite for Carers which is funded by the county Council and administered by Nene Valley Community Action Tel: 01933 396382 or 315526
- **Planned Events & Emergency Care Service** – FREE care by care workers for up to 72hrs, 3 x per year maximum. Hours can be spread over longer periods if 24hr care is not required. This service is provided by Carers Trust East Midlands, a non-profit care agency which is funded by the County Council. Tel: 07810 104125 (8:30am – 4:30pm), 07789 111318 (out of hours)

## For more information:

Support Line: 01933 677907 (Mon-Fri 9:30am – 4:00pm), General Enquiries: 01933 677837, A confidential service to support the needs of Adult and Young Carers, including Parent Carers. Can be accessed by Carers, professionals or anyone with a Carer related enquiry or issue.

Email: [carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org)

Web: [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org)

# Are you aged 5yrs – 17yrs and helping to look after someone in your family?



Are you helping to look after a family member, friend or neighbour because of their physical, mental ill health, frailty, learning disability or substance misuse?

You might be helping with things like:

- **Cooking**
- **Paying bills**
- **Dressing**
- **Shopping**
- **Giving medicine**
- **Bathing**

There are a lot of free services available to support young carers and their families such as:

- **Social activities & games**
- **School support**
- **Meeting others**
- **1-1 support and lots more.**

If you are a Young Carer, please fill out the Young Carers Identification & Referral form in this pack and return it to us at your convenience.



## Young Carers Identification and Referral Form

**Are you aged 5yrs – 17yrs and helping to look after a family member, friend or neighbour** because of their physical, mental ill health, frailty, learning disability or substance misuse?

By identifying yourself as a carer, we will be able to support you and signpost you to the support services available to you as a carer. If you consent, we will also refer you to Northamptonshire Carers Service for an assessment, who will identify your needs and provide further support to you as a carer.

Young Carer details:	
First Name:	Last Name:
Date of Birth:	
Address:	
Post Code:	
Tel. No:	Mobile phone no:
E-mail:	
GP Practice where you are registered:	
School/College:	
Full /Part time Education:	
Is your family aware of this referral?	Yes/No
Can your family be contacted?	Yes/No
Name of parent or carer to contact on behalf of young person:	

Any referral of a young person under 18yrs needs to have the permission of the Parent/Guardian. Parent/Guardian to complete this section.	
Name of Parent/Guardian:	Signed Parent/Guardian: (I give permission for referral)

DETAILS OF THE PERSON YOU LOOK AFTER:
Name:
Date of Birth:
Address & Postcode: (If different from above)
Contact Telephone No: (If different from above)
Relationship to young carer:
Details of medical condition and details of the care that you provide:
Details of the GP practice where the person you care for is registered:

<b>I consent to you referring me to *Northamptonshire Carers Service for further information and support</b>	
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**Please return completed forms to reception.**



## **Referral to Northamptonshire Young Carers Service**

**Any referral of a young person under 18yrs needs to have the permission of the Parent/Guardian.**

Northamptonshire Young Carers Service (NYCS) is a voluntary organisation and registered charity and are a Carers Trust Network Partner.

The Young Carers Service will assess a family on an individual basis accepting of the fact that one young person's role may have more impact depending on age and other family circumstances.

### **How Can Northamptonshire Young Carers Service Help?**

#### **Social Activities**

NYCS provide a number of Social Activities to get everyone together, make new friends, have some time out and relax. We understand that many young people who help to care have never met any others who are in the same situation as themselves. Our activities are aimed at helping young carers to meet one another and hopefully to make new friends.

You can play games like pool, table football, Wii, film nights, arts and crafts and Drama. Sometimes we go out to local places such as, bowling, cinema, Lazer Zone, McDonalds etc.

Occasionally we visit places further away such as, Drayton Manor, Ice Skating, Paintballing Climbing, Jungle Parc and lots more. These activities tend to be during school holidays.

#### **1-1 Support**

If you would like to see a Young Carer Worker on your own for a one to one, then you or your parent can ask for this to be arranged. Your Worker will normally take you out to a cafe so that you can have a drink and a chat.

Some of the things people often want help with are:

- Information and Advice
- Time Out
- Listening
- Sharing Worries
- School Problems
- Practical Help (e.g. filling in forms)

Young Carers Workers will not talk to others about what you say without your permission, unless they are worried about your safety.

We try our best to help you with any problems you might have but we cannot always help you ourselves so sometimes we might signpost you to another organisation.

For more information about Northamptonshire Young Carers Service please visit their website:

<http://www.northamptonshire-carers.org/young-carers>

## Young Carers - Information

- ❖ A young carer is aged between 5yrs-18yrs. They take on the responsibility for helping to look after someone (usually a family member) who has a long-term illness or disability.
  - This could be a Physical Disability, Learning Difficulty, Mental Health Problem, Substance Misuse Issue or HIV/AIDS.
  - The young person may be helping to care for a sibling, parent or grandparent.
  - They could be helping to care for more than one person e.g. a sibling with Autism and a parent with M.S.
- ❖ Some Caring Tasks are more obvious to observe such as Housework, Shopping, Cooking, Helping with Communication, Fetching and Carrying, Contacting Medical Services etc.
- ❖ An Emotional Caring role might be significant but not as easily noted.
  - In this role the young person may be missing school to stay at home with the person who is ill, they may say they are unwell to be able to do so.
  - They need to contact home more than is usual.
  - They are perhaps not accepting invites for social contact with peers.

### **Are You A Young Carer?**

Young Carers help to look after someone who has a long term illness or disability. Some Young Carers might be looking after a parent and others might be helping to look after a brother or sister. Some Young Carers might be caring for a grandparent or other relative or even a neighbour.

There are many different reasons why the person they care for needs help. Some of these might be: MS (Multiple Sclerosis), Bipolar, Depression, Anxiety, Visual Impairment, Cancer, Fibromyalgia, Autism, Learning Disability, Downs Syndrome, Arthritis, Back Problems, Joint Problems....

### **Young Carers do lots of different jobs to help the person they care for....**

- Helping out with housework: cooking, washing clothes, cleaning, washing dishes, hoovering, polishing, tidying up, and putting the rubbish out...
- Reminding someone to take their medication or helping them to take their medication
- Choosing to stay in when you could be out with friends so that you can keep the person you care for company or make sure they are ok.
- Listening to the person you care for. Giving them a hug or trying to cheer them up if they are having a bad day.
- Helping the person you care for to get washed or dressed. Helping them to go to the toilet or changing nappies.
- Lifting and carrying heavy things. Fetching things for the person you care for if they struggle to get up and get them.