

DEMONSTRATING THAT A GP PRACTICE IS CARING TOWARDS CARERS

Carers registers	The practice has a carers register
	The percentage of patients on the register represents at least x% of the practice list
	The whole practice team is able to see if someone is a carer when accessing their notes.
	The practice uses a form to enable carers to request being placed on the register
	Maintaining the register is the responsibility of a named person and is carried out on a weekly basis.
	The practice encourages carers to self-identify in the surgery, on their website and in newsletters.
Health and well-being	All carers are screened for anxiety and depression
	All carers are systematically encouraged to have a flu vaccination. This also applies to young carers aged 8 and over.
	All carers are offered a regular health check
	Carers who attend the appointment of a patient are encouraged to book a separate appointment for themselves to discuss their own health and wellbeing
	Services such as weight management and smoking cessation are tailored to the needs of carers if necessary.
Holistic support	When referring carers for secondary care, the practice informs the healthcare provider that they are a carer
	When a patient is given a life-changing diagnosis, has a life-changing accident, catastrophic stroke etc. the practice actively identifies and support those who will be taking on a caring role as a result, including children and young people.
	All carers are given the opportunity to be referred on to their local carers organisation and/or local authority for information, advice and support using agreed protocols and pathways.
	Information is provided to carers, including young carers and young adult carers, about how to access services for their own health through the practice
In-practice support	The practice has a GP who acts as a strategic lead for carers
	The practice has a carer champion responsible for operational support for carers

Carers Trust

	The practice enables the local carers organisation to run clinics for carers on the practice premises
	The practice enables a carers support group to meet at the practice
Carer awareness	Every member of the team can correctly define the term 'carer'
	All staff receive carer awareness training
	All staff are confident in engaging with patients who are carers including young carers, young adult carers and their families.
	Staff have a basic knowledge of the types of services available to carers and can explain to carers how they can be of benefit
	Carer-awareness is included in all staff inductions and JDs
	Children and young people who regularly book or attend appointments with an adult who needs assistance with day-to-day living are asked if they provide any care and are offered appropriate support.
Appointments	The practice offers carers flexible appointments for themselves and the person they care for.
	Staff take carers' needs into account when booking appointments.
	Clinicians visit carers who are unwell if they are unable to leave the person they care for at home.
Carer involvement	Adult carers, young adult carers and young carers are represented on the practice PPG
	The practice carries out an annual carers survey and can demonstrate changes that have been made as a result of feedback. A separate survey is available for young carers to complete.
	Carers are systematically involved in care planning,
	The practice uses and actively promotes a form to enable the person with care needs to give consent to sharing information with their carer
	Wherever appropriate and useful, information about the person they care for should be shared with young carers
	Young carers should be given the opportunity to ask questions and be listened to.
Information for carers	The practice provides up-to-date information to carers including those not currently identified.
	The information the practice provides to carers is clear and accessible according to the needs of the practice population.

Carers Trust

	Information for carers is provided in the practice itself, on the practice website and in newsletters.
	There are posters and leaflets on display aimed at carers of different ages
Support for staff who are carers	Staff who are carers feel that the practice is supportive and willing to accommodate their needs
	Staff are encouraged to identify themselves as carers