

Important Information for Carers About Flu Vaccinations

The following information is for people caring for a partner, relative, friend or neighbour who relies on them for help due to illness, disability, physical or mental ill health, frailty or an addiction.

If you are the main carer of someone whose health would be at risk if you fell ill, or if you are in receipt of Carer's Allowance you are entitled to a free flu vaccination.

A flu vaccination:

- Will help you avoid getting flu.
- Help reduce the risk of you being too ill to look after the person you care for.
- Reduce the chance of you passing flu on to the person you care for.

What to do next

1. Fill in your details on the form overleaf.
2. Hand it in to your GP practice to let them know you are a carer and would like to have your annual flu vaccination.
3. Alternatively, phone your GP practice to book an appointment for a flu vaccination and hand in the form when you attend.

Are you missing out on benefits and services?

As a carer, you may be missing out on benefits and services that could make life easier for you. Find out more by calling Carers Trust, the UK's largest charity for carers, on **0844 800 4361**, quoting reference number 217. They will ask your local carers service to send you a free carers information pack. You can also contact Carers Trust by email via info@carers.org (putting the words 'Carers Information Pack Request' in the subject line of your email)

How to arrange to have a free flu vaccination if you are a carer

Please fill in this form and hand it in to your GP practice as soon as possible or call them to say that, as a carer, you would like to have a free flu vaccination.

I am the main carer of someone whose health would be at risk if I became too ill to care for them and would like to arrange to have my annual flu vaccination.

Please make a note on my medical records that I am a carer.

Title First name Last name

Date of birth

Signature

To the GP practice:-

Directions re vaccination of unpaid carers

- The National Flu Immunisation Programme 2014/15 states that the flu vaccination is available for people who are receiving a Carer's Allowance, or who are the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill. This will be given on an individual basis at the GP's discretion depending on the carer's need.
- The person who has completed the form above is receiving a Carer's Allowance, or is the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill.
- With the carer's permission, *please make a note on their medical records that they are an unpaid carer (for example, Read Code 918G = is a carer) and that they would like to have a flu vaccination annually.*
- If the carer is not already in contact with their local carers service, please check to see if they would like to be referred to them for information, advice and support.

Thank you.