



### Conditions suggesting a patient may have a carer

One way of identifying carers is to send them a letter via patients who have a condition associated with reliance on a carer. Below are some examples of conditions which suggest that a patient may be unable to manage without the support of a partner, relative, friend or neighbour.

- Cardiovascular disease
- Atrial Fibrillation
- Peripheral Arterial Disease
- Heart Failure
- Stroke/TIA
- Rheumatoid Arthritis
- Diabetes
- Chronic Kidney Disease
- Osteoporosis
- Asthma
- Schizophrenia, psychosis and bipolar disorder
- Anxiety
- Depression
- Personality disorder
- Dementia
- Epilepsy
- Learning Disabilities
- Cancer
- Palliative Care
- Alcohol or Substance Misuse
- COPD
- Congenital physical conditions e.g. cerebral palsy, spina bifida
- Cystic fibrosis
- HIV/AIDS
- Motor Neurone Disease
- /ALS/muscular atrophy
- Multiple Sclerosis
- Parkinson's disease
- Physical disability due to accident/injury
- Sensory impairments
- Post-traumatic stress disorder

This list can be used in conjunction with the **Carer Identification Letter** in the GP Practice Toolkit, which can be sent to the carer via the patient who has one or more of the above conditions. This approach would not be recommended, however:-

- if the patient has a condition which could be stigmatising such as mental ill health or substance misuse
- where the patient does not consider themselves to have a carer
- where the patient lacks the capacity to read, understand and act upon a letter

**What other conditions should we add to this list?** Please email your ideas to [primarycare@carers.org](mailto:primarycare@carers.org)