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 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

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