**GROOMBRIDGE & HARTFIELD MEDICAL GROUP**

**CARERS IDENTIFICATION FORM**

**ARE YOU A CARER?**

Do you look after a relative, friend or neighbour who couldn’t manage without your help? If you provide unpaid support to a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems, you are a Carer.  You might feel that you’re doing what anyone else would in your situation; looking after your mum, son, or best friend and just getting on with it.

|  |  |
| --- | --- |
| **YOUR DETAILS:** | |
| Carer’s Name |  |
| Date of Birth |  |
| Address |  |
| Telephone |  |
| Mobile |  |
| Email |  |
| When is the best time to contact you (for example mornings/afternoons/certain days |  |

|  |  |
| --- | --- |
| **DETAILS OF THE PERSON YOU CARE FOR:** | |
| Name of Person Cared For |  |
| Date of Birth |  |
| Gender |  |
| Is the person cared for a patient at this Practice | Yes / No |

**CARE FOR THE CARERS**

Care for the Carers is an independent charity supporting unpaid carers in East Sussex since 1989. Their team of staff and volunteers can provide free practical & emotional advice – face to face, by telephone, or online. They can also put you in touch with other carers.

**Please pass my details to Care for the Carers 🞏**