

Carers Awareness Training

Why Identify Carers?

Carers are a valuable resource in the community, saving the NHS £132 billion per year. 1 in 10 patients on a practice list is a carer and 86% of carers will visit their GP in a year.

One of the biggest challenges is identifying hidden carers. Many don't see themselves as carers and are unaware that they can get help and support.

Juggling a caring role with work and other family commitments, can soon become overwhelming and stressful, carers typically neglect their own health and well-being. When carers are identified early and properly supported, they are better able to continue in their caring roles.

The training we offer can be delivered as part of a PLS session, or during lunchtimes and team meetings, tailor made to fit your time frame.

- Understand who unpaid carers are and why they are caring
- Understand the impact of caring and why patients need support
- Recognise young carers in your practice
- Be familiar with the GP TOOLKIT resources by Carers Trust and RCGP and implement them in your practice
- Carry out a carer audit
- Consider a carer focussed patient questionnaire
- Update your carers information board, posters and packs
- Understand the role of Carers Hub and how they support carers working along side the local authority carer assessment workers and supporting the provision of carer assessments

Recommended that the following staff attend: GPs, nurses, practice managers, clerical staff and PPG representatives