

# Do you know your Carers?

You know your  
**PATIENTS**



but it is not always easy to recognise a carer.  
The **CARER** could be a neighbour or a friend,  
a husband, wife or partner or a child.

## YOU MAY ONLY NOTICE THEM WHEN...

The illness of the person they care for is diagnosed



The person they care for has died or needs care away from home.



The carers themselves have become ill.



They have reached the end of their tether.

## HOW YOU AND YOUR TEAM CAN HELP...

**REMEMBER:**  
The GP and the practice team may be the only professionals with whom they have contact.



**KNOW**



**LISTEN**



**RECORD**

For further information and advice about welfare benefits, respite care, help at home, or support groups get in touch with:

Cicely Northcote Trust  
Camelford House  
87-89 Albert Embankment  
London SE1 7TP

Tel: 020 7582 9996 (voice mail)  
Website: [www.cicelynorthcotetrust.org.uk](http://www.cicelynorthcotetrust.org.uk)