

## Help and Support from a referral

**Before a referral:** I looked after my husband who has Alzheimer's. I felt isolated, depressed and lonely. I was struggling to care for him on my own.

**After:** I am now in receipt of three hours replacement care a week. My husband spends time each week at a day centre. The Carers Service also helped me to apply for Attendance Allowance.

**Before a referral:** I care for my daughter with learning disabilities and had to ask my teenage son to help because I couldn't manage on my own. I was really anxious about what would happen if I became ill.

**After:** Talking about my situation really helped. I feel less isolated and have joined a local Carers Group who are really supportive. I have also put emergency plans in place. My son is now recognised as a young carer at school and receives support for himself.

### Carmarthenshire Carers Service

**T** 0333 1211 332

**E** [carersincarms@adferiad.org](mailto:carersincarms@adferiad.org)

### Carers and Community Support Team

**T** 01545 574200

**E** [clic@ceredigion.gov.uk](mailto:clic@ceredigion.gov.uk)

### Carers Support Pembrokeshire

**T** 0300 0200 002

**E** [carerssupportpems@ctcww.org.uk](mailto:carerssupportpems@ctcww.org.uk)

# Do you know if you look after someone you can register as an unpaid carer at your GP Surgery?

An unpaid carer is someone who provides unpaid help and support to a relative, friend, or neighbour who could not manage on their own due to illness, disability, frailty, physical impairment, mental health concern or substance misuse.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



Bwrdd Partneriaeth  
Rhanbarthol  
Gorllewin Cymru

West Wales  
Regional Partnership  
Board

## Do you know that help and support is available?

If you are an unpaid carer you can access support from a range of places to help you with your caring role. You might be given an unpaid carers registration and referral form for you to complete and hand in to your GP surgery. By registering as an unpaid carer you can obtain information which will reduce the impact of your caring role, help you look after your own health, and support you to make time for yourself.

## What does a referral mean?

If you wish to be referred onto your local Carers Information Service, please complete the appropriate section of the unpaid carers registration and referral form. The Carers Information Service can supply you with a range of information. This may include offering you an appointment with someone from the service to talk about your specific needs. With your permission they can also refer you to Social Services for information on your rights as a carer, including a Carer's Needs Assessment.



**Ask for an unpaid carers registration and referral form today.**



**You can be an unpaid carer at any age. This includes young carers (under the age of 18) and young adult carers (aged between 18 and 25)**

## Why should you register as an unpaid carer with your GP surgery?

Registering as an unpaid carer will help your health care team to:

- Understand your caring responsibilities.
- Signpost you to information, help and support, either now or in the future.
- Share information about the person you care for (with appropriate written consent).
- Provide more flexible appointments that reflect your caring role.
- Offer you an annual flu jab (free).
- Refer you to other services or organisations that might be able to help you.

\*Please note the nature of help and support will vary depending on the unpaid carers situation and what is available within each county.