

Developing your practice action plan

Step 1:

Identifying a carers' lead

Step 3:

Involving carers in patient care

- Seek permission to share patient information with carers
- Involve carers in care planning and care implementation
- Provide or signpost carers to training to help them to perform their caring roles

Step 5:

Providing information and support for carers

- Develop links with local carers' organisations
- Encourage carers to apply for benefits that they are eligible for
- Signpost carers to other sources of information and support
- Refer carers for social services carers' assessment
- Ensure carers have an emergency plan in place

Step 7:

Auditing and improving carer support

Step 2:

Finding and recognising adult and young carers

- Ask carers to self-identify
- Ask patients to identify their carers
- Opportunistically identify carers in the surgery, on hospital admission or discharge, on letters from specialists and through the annual flu vaccination programme
- Search for carers on your practice list
- Record carer status on patient notes
- Keep your practice carer register up-to-date

Step 4:

Improving healthcare for carers

- Consider screening carers at least annually for depression
- Provide flexible appointments for carers
- Invite carers for annual flu vaccinations
- Consider providing other services for carers e.g. annual health checks or in-practice specialist carer support worker sessions

Step 6:

Providing specific support to young carers

- Include young carers in steps 1-5
- Question why the young person is taking on a caring role. Does the person cared for need referral for a review of care needs?
- Provide age-specific information and support
- Develop links with local young carers leads
- Consider referring the young carer to local children's services for an assessment