

Carers Support

ARE YOU A CARER?

A carer is someone who provides unpaid help and support to a partner, relative, friend or a neighbor who could not manage without this help.

The person you care for could be either an adult or child, with:

- A medical or long-term condition
- A physical or learning disability
- Sensory impairment
- Dementia
- A mental health condition
- Substance dependency

For many being a carer is rewarding with many positive aspects. However, at the practice we recognise being a carer can also leave you needing support. Identifying yourself as a carer is key to accessing the support, advice and information you need.

Register with us as a carer by completing our [Carer Identification and Referral Form](#). You can collect this form from Reception or once completed hand it to reception or email it to clccg.lanarkmedicalcentre@nhs.net

Below are some links that you may find useful:

NHS UK: A guide for people who have care and support needs, their carers, and people who are planning their future care needs.

<https://www.nhs.uk/conditions/social-care-and-support-guide/introduction-to-care-and-support>

Carers Network: Advice, information and support for carers over the age of 18 who look after an adult living in Westminster. They can complete a Carers Assessment with you and help you apply for Carers Personal Budget if eligible. <https://carers-network.org.uk>

People first: Council run and funded, the site provides information on private, voluntary and public sector services for older adults, people living with disabilities and carers in Westminster

<https://www.peoplefirstinfo.org.uk/looking-after-someone/support-to-look-after-someone/support-and-advice-for-carers-in-westminster>

Westminster City Council: Information and advice about care and support in Westminster

<https://www.westminster.gov.uk/information-carers>