

### **Leicester, Leicestershire and Rutland Carer Registration Slip**

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.

It can be difficult for carers to see their caring role as separate from the relationship they have with the person for whom they care, whether that relationship is as a parent, child, sibling, partner, or a friend.

Caring for someone can be rewarding, exhausting and sometimes overwhelming. It can also have an impact on a persons physical and mental health and wellbeing.

If you provide care to a family member or friend please contact your local carer support service (visit local authority website for details) *and* let your GP practice know so that you can get the help and support that is available to you. Completing the form below and giving it to your practice is one way of doing this.

Dear Practice, I support someone who could not cope without me. The care I give is unpaid. In recognition of this important role the Leicester, Leicestershire and Rutland NHS is encouraging all practices to register their carers.

Please use one of the codes below to record me as a carer:

<b>SNOMED Code</b>	<b>Description</b>
224484003	Patient is themselves providing care.
302767002	Cares for a relative.

I would also like you to know:

---

---

---

Name: \_\_\_\_\_ DoB: \_\_\_\_\_

Address:

---

---

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

NB: this is ONLY to be given to your GP practice – do not share this information with anyone else.