

# Time to think about you

Information for carers, families and friends



## Are you a carer?

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

- Do you feel you do not have enough time for yourself?
- Has caring stopped you from doing what you enjoy?
- Has caring made it difficult for you to work or do whatever else you have to do?
- Is your own health affected as a result?
- Do you feel unable to cope?
- Do you feel you are under too much pressure?
- Do you have no one to talk to about your concerns?
- Do you feel low?
- Are you sleeping poorly?
- Are you not eating properly?
- Are you tearful, angry and/or anxious?
- Do you have concerns about your own memory?

If your answer is YES to any of these, you can visit your GP or local carers' centre and take this card along with you.

For more information or to download this resource visit [www.carers.org/timetothinkaboutyou](http://www.carers.org/timetothinkaboutyou)

Add your centre address here



Please complete this slip and hand in to your GP during your next appointment

Dear GP,

Name of carer: \_\_\_\_\_

Date of birth: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

***This patient is a carer. You may find it helpful to read code this information in their clinical records. It will help maintain your carers register. Please use the appropriate read code for your GP software:***

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Is a carer	918G	Ua0VL