**Why is it important how a surgery asks if a person is a carer?**

Many new patient forms ask whether an individual is a carer. If the new patient is unaware of what being a carer means, they will answer no to this question even if they are a carer. Asking a question that helps to define what a carer is, will provide an opportunity for someone to understand that they are caring and answer yes to the question.

**Example text to use on new patient forms.**

Do you help to look after a family member or friend who could not cope without your support because of their illness, frailty, disability, mental health problem or addiction? If so, you are a carer.