

Why should I keep my carers register up to date?

Identifying carers early is beneficial to the carer, the person with care needs and to the GP practice supporting them. Having a named person responsible for its upkeep will communicate its importance and ensure the register is seen as integral part of the surgeries offer to its carer patients.

It can help to:

- prevent physical or mental health needs from escalating,
- reduce demand for GP services, by routing them to wider support
- avoid crisis
- lead to a reduction in prescribing and associated costs
- and improve effective implementation of a care plan for the person with care needs

Knowing a patient is a carer allows you to:

- provide appropriate health support to prevent avoidable illness, including flu vaccinations, health checks, screening for anxiety and depression.
- route carers through to wider emotional and practical support via Carers Support West Sussex.
- ensure appointments are accessible to carers and the person with care needs, so that they can attend.
- plan for emergencies for the person with care needs.
- where appropriate and with consent, support the sharing of medical information with the carer, so that the person with care needs can be effectively supported.
- ensure that referrals to secondary care include information about the carer.

It is important to update records when a patient is no longer a carer.

Why should I have a named person responsible for its upkeep?

Having a named person responsible for its upkeep communicates its importance and ensures the register is seen as integral part of the surgeries offer to its carer patients. A carers register can only be truly effective if it is up to date and linked to a clear offer for carers. A carers lead should have more oversight of the carers register.