



Looking after someone?

You may not think of yourself as a carer, but do you provide:

- | | |
|----------------|-----------------------|
| physical help? | help with medication? |
| personal care? | emotional support? |

And are you an unpaid person who looks after a family member, relative, partner, neighbour or friend who needs help due to ill health, old age, disability, drug or alcohol misuse or who has mental health problems. You do not have to live with the person, nor do you have to be the only one who helps.

If so you are a carer

You may have been caring for a few months or a number of years. If you are looking after someone, you may find this can be worrying and stressful. Caring can bring practical and emotional problems, and may affect your wellbeing. Your doctors' surgery keeps a register of informal carers, so that your doctor is aware that you may have specific needs and that you should be included when decisions are made about the person you care for.

Please register as a carer with the surgery, ask for a form at reception.

Newham Carers Network provides advice support and information for carers

Call 020 8519 0800

