

# ARE YOU CARER AWARE?

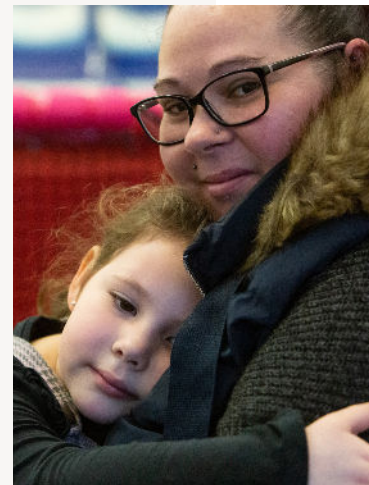
## CONSIDER

Does the patient have a caring role? Do they look after a partner, child with additional needs, parent, relative or a friend? Could they be feeling overwhelmed? A young carer may attend regularly with someone else



## ASK

Do they look after someone who couldn't manage without them? How are they feeling?



## RECORD

On SystemOne code them as a carer, so they can receive benefits, such as an annual health check and priority appointment times

## EXPLAIN

There is support available for them and the person they care for



## REFER

You can refer them to Carers in Bedfordshire via the charity's website, with the carer's consent

**A few minutes of your time can make a huge difference to a carer**

**0300 111 1919**

**[contact@carersinbeds.org.uk](mailto:contact@carersinbeds.org.uk)**

**[www.carersinbeds.org.uk/professionals](http://www.carersinbeds.org.uk/professionals)**