



*If the answer is
yes, you may
be a carer.*



As soon as you start caring or if you already are caring for someone, let your GP know. It can be recorded on your medical notes. If they know you are a carer this will help them to offer you the advice and support you need.

Some carers may also qualify for an annual flu vaccination / jab. Your GP may be able to help you as a carer with information and advice such as:

- Medical conditions of and treatments for the person you care for

- Services you can get from the NHS e.g. continence services

- Other places where you can get help and advice

- yyycan go fou can get help and advice



Here is a list of things caring for is being di

If the person you discharge, you sh care for them, ho often.

You and the patie written informatio including relevan

You should be to discharge plans

If the patient doe information about can go for carer s

Information shou you can complain you or the person

An assessment f out when necess about this.

You and the patie not to involve soc



Please note that this telephone number is being gradually replaced by the NHS 111 service in England. You should call 111 if you need medical help fast, but it's not a 999 emergency. Check the NHS Direct website to see which service is available in your area.

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Supported by...



Leicester
City Council

Leicester Skills Partnership 

in consultation with the
Carers Reference Group