

Carer Friendly Practice Checklist

This checklist provides some ways in which your practice can ensure it is 'CARER FRIENDLY'. Review what you currently do and consider how you could make some positive changes with the help of the checklist.



- Identify a space for promotion**

● **A notice board** – where you can display information – let everyone know about it.
A place for resources – leaflets/cards that carers can access.
Patient Information screen – we can supply info for your screen.

- Identify a carers lead**

● **Put** the name or picture on a poster informing people - 'here to help'.
Wear a Carers Ambassador badge – we can supply.
Talk to people and let them know about your involvement with supporting carers, and if required, staff who are carers.
Register with Care for the Carers, to ensure we are staying in touch.

- Spread the word**

● **Share** the message that you are a 'Carer Friendly' practice with as many people as possible, as often as you can – on your website, newsletter, practice booklet.
Look for appropriate opportunities to have a conversation with those whom you think might be in a caring role including staff and give them a leaflet or contact details.
Ensure your team know and they are also identifying opportunities to raise awareness.
Encourage, if possible, carers to get involved with your PPG.

- Make a difference**

● **Refer** or **encourage** carers to make contact with Care for the Carers to access information and support – *are you using the Carers Social Prescription?*
Support campaigns – Carers Week and Carers Rights Day – raise awareness and get involved – info table, social media (photos), text alerts – Plan ahead.
Ensure the carer formation your surgery provides is up to date (literature and website).
Evidence the good work you do with carers, it will support CQC inspections.
Support – are you flexible with appointments for carers, are carers on the carers register, are Enhanced Support Plans in place for carer and cared for, are you offering Health checks?

- Remember – Think Carer**

● **It is important that EVERYONE is involved**
Carer Awareness Training for all the team to support positive change and support for carers
Follow up on conversations with those you have spoken to and try to ensure something has happened.
Stay in touch - Sign up to receive Care for the Carers E-newsletter, CareLine and updates
Contact Care for the Carers if you have any questions or need further resources.
Develop or update any policies or protocols.
Ensure you support employees who are carers – Carer Friendly Workplace.
The Integrated approach to the identification, assessment and support of Carer health and wellbeing – NHS England.

No one left to care alone



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