

GP Toolkit



Holistic Support

- The practice acknowledges and appreciates the care and support provided by carers, along with the associated stress.
- Efforts are made to enhance carers' understanding of their role, providing education about the care recipient's condition when appropriate.
- When referring carers for secondary care, the practice informs healthcare providers about their carer status.
- In cases of life-changing diagnoses or significant accidents, the practice actively identifies and supports those assuming a caring role, including children and young people.
- All carers, including young carers (8 years and above), are provided the opportunity to be referred to Carers WA.



Carer Awareness

- Each team member correctly defines the term "carer."
- All staff undergo care awareness training.
- Staff members feel confident in engaging with patients who are carers, including young carers and their families.
- Staff possess basic knowledge of available services for carers and can explain their potential benefits.
- Carer awareness is integrated into all staff inductions and job descriptions.



Appointments

- The practice offers carers flexible appointment options for both themselves and the individuals they care for.
- Staff consider carers' needs when scheduling appointments.
- Clinicians make home visits for unwell carers who cannot leave the person they care for at home.

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Carer Involvement

- Carers are systematically involved in care planning.
- Carers are given opportunities to ask questions and express their thoughts.
- Relevant information about the person being cared for is shared with carers when appropriate.



Information for Carers

- The practice provides up-to-date information to carers, including those not currently identified.
- Carer information is clear, accessible, and tailored to the needs of the practice's population.
- Information for carers is available within the practice, on the website, and in newsletters.
- Posters and leaflets targeting carers of different ages are displayed.



Support for Staff

- Staff members who are carers feel supported by the practice, which is willing to accommodate their needs.
- Staff are encouraged to identify themselves as carers.

Carer Aware Self-Assessment



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Checklist

YES/NO

DATE

Flow chart has been developed for the process of recording information and following up carer.		
Carer register is established to actively identify carers.		
A carer identification check list is available for use during consultation.		
A carer health and wellbeing check is actively offered to all carers.		
Carers are systematically involved in care planning.		
Carer identification letter available to give to carer directly or via patient.		
Able to provide carers with information and referrals to Carers WA for supports.		
Carer information is clearly visible, accessible, and tailored to the needs of the practice inclusive of practice website.		
Does your practice have a designated staff member/ carer champion?		
Staff consider carers needs when scheduling appointments.		
Carer awareness is integrated into all staff inductions and job descriptions.		
Staff are encouraged to identify themselves as carers and feel supported to discuss any accommodations for their caring role.		