

Conditions Guide to Carer Identification



GP Toolkit

If your patients are living with any of the below conditions, it might suggest the patient is unable to manage without the support of a carer (e.g. partner, relative, friend, or neighbour). It is also important to explore further to see if a carer can be identified and supported.

This list can be used in conjunction with the **Carer Identification Letter in the GP Toolkit**. It can be sent to the carer with consent of the patient who has one or more of these conditions.

It is **NOT** recommended to use this approach if the patient:

- Has mental health challenges or substance misuse.
- Does not consider themselves to have a carer.
- Lacks the capacity to read understand and act upon the letter.



Cardiovascular Disease

- Atrial fibrillation
- Cardiomyopathy
- Coronary artery disease
- Heart failure
- Heart valve diseases
- Peripheral artery disease
- Stroke/TIA (Transient Ischemic Attack)



Neurological Conditions

- Alzheimer's disease
- Amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease)
- Autism spectrum disorder
- Cerebral palsy
- Dementia
- Epilepsy
- Huntington's disease
- Migraine
- Motor neuron disease
- Multiple sclerosis (MS)
- Parkinson's disease
- Peripheral neuropathy
- Spinal cord injury
- Stroke
- Traumatic brain injury (TBI)
- Tourette syndrome

GP Toolkit

Chronic Health Conditions

- Alcohol or substance misuse
- Asthma
- Cancer
- Chronic back pain
- Chronic fatigue syndrome
- Chronic kidney disease
- Chronic liver disease
- Chronic obstructive pulmonary

Mental Health Disorders

- Schizophrenia, Psychosis and Bipolar disorder
- Anxiety
- Depression
- PTSD (Post-Traumatic Stress Disorder)

Other

- Muscular atrophy
- Physical disability due to accident or injury
- Sensory impairments