

Practical Guide to Carer Identification



GP Toolkit

✓ When a patient registers

Ask them if they 'look after someone' or 'do you care for somebody who could not manage without your help?' Carers often do not identify with the 'carer' label.

✓ Home visits

Doctors or nurses visiting are a good way to assess the home situation and identify if there is a carer involved with this patient.

✓ Disease management plans

Many conditions may indicate that a carer is involved with the patient.

✓ Hospital admissions/ discharge

During this stressful time, carers often make themselves known as advocates for the patient prior to admission. Carers may be identified when their loved one is an inpatient and may have information on the discharge summary.

✓ At the point of diagnosis

Sometimes the carer will accompany the patient to their appointment but may not realise they are a carer. If no one is with the patient, ask them if they have support at home.

✓ General appointments

When someone accompanies the patient, aim to have a conversation about the caring role.

✓ General health checks

Have a conversation about family members and if anyone is in a caring role.

✓ Encouraging self-identification

Posters and leaflets in the waiting room and/or treatment rooms can help carers to recognise they are in a caring role.