



Kingston Carers'  
Network

A Network Partner of  
**CARERS  
TRUST**

# KINGSTON CARERS' NETWORK

*Improving the lives of carers in Kingston*

## Supporting carers in your GP practice

### Who is a carer?

A carer is someone of any age who provides unpaid support to a friend or family member who could not manage without this help.

Carers often don't identify themselves as such. They simply see themselves as a parent, partner, neighbour or child, doing their best.

Try asking:

“Are you supporting someone who could not manage without your help?”

### Why identify carers?

Early identification and proper support ensures carers are better able to continue in their caring role. The CQC says that by identifying, assessing and supporting carers' needs, we can reduce avoidable demand on services and meet demand more appropriately, reduce carer ill health and promote positive carer health and wellbeing and reduce carer and family breakdowns.

# How can KCN help?

## Advice and advocacy on:

- Welfare benefits and other entitlements
- Lasting Powers of Attorney
- Health and social care services
- Being involved in the planning of patient care and preparation for discharge
- Carers' rights
- Accessing breaks
- Housing and adaptations
- Employment and flexible working

## Other services:

- Counselling and emotional support
- Peer support groups for carers
- Carers' breaks and wellbeing activities
- Access to discounted complementary therapies
- Young Carers' Project for carers aged 5-18

# Referring to Kingston Carers' Network

Complete our short online form at  
[www.kingstoncarers.org.uk/professionals/make-a-referral](http://www.kingstoncarers.org.uk/professionals/make-a-referral)



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