

# NETTLEHAM MEDICAL PRACTICE

Nettleham Medical Practice is very much aware that many of our patients are unpaid carers who provide care and support to a partner, relative, friend or neighbour who wouldn't be able to get by on their own. If you're a carer, we would really appreciate it if you could answer the questions below. Your answers will tell us how we can best support you as a carer, both now and in the future.

**1. Please tell us which age range you fall into:**

Under 18 years       18—24 years       25—34 years       35—44 years   
 45—54 years       55—64 years       65—74 years       Over 75 years

**2. More about you. In addition to being a carer, what else do you do? (please tick all that apply)**

At school       At College/University       Employed       Retired   
 Unable to work due to illness       Looking after family/home

Other (please provide details) -----

**3. Read each of the following statements about Nettleham Medical Practice and then put a tick which best describes how much you agree or disagree with the statement.**

***Because of my caring responsibilities:***

	<b>STRONGLY AGREE</b>	<b>AGREE</b>	<b>NEITHER AGREE OR DISAGREE</b>	<b>DISAGREE</b>	<b>STRONGLY DISAGREE</b>
My physical health is worse					
I have injured myself through lifting or moving someone					
My mental health is worse (this includes stress and depression)					
I have put off seeing a GP when I was unwell					
I have put off medical treatment					
I have had to stop working					
I feel isolated					
I find it hard to leave the person I care for on their own to attend an appointment					
It is difficult for me to bring the person I care for to the GP practice					

**4. Read each of the following statements about how Nettleham Medical Practice supports you as a carer and then put a tick which best describes how much you agree or disagree with the statement.**

	<b><i>STRONGLY AGREE</i></b>	<b><i>AGREE</i></b>	<b><i>NEITHER AGREE OR DISAGREE</i></b>	<b><i>DISAGREE</i></b>	<b><i>STRONGLY DISAGREE</i></b>
As a carer, I feel supported by the practice					
When I have concerns about the person I look after, I feel able to talk to someone at the practice					
The doctors and nurses know that I am a carer					
The practice gives me all the information I need to help me care for the person I look after					
As a result of the support the practice has given me, I have been able to cope better with my responsibilities as a carer					
The practice has offered to refer me to my local carers service for support					
The practice encourages carers to let them know they are a carer e.g. through posters and leaflets					

**5. Thinking about how the practice could support you as a carer, how helpful would the following be to you?**

	<i>VERY HELPFUL</i>	<i>HELPFUL</i>	<i>NEITHER HELPFUL OR UNHELPFUL</i>	<i>NOT AT ALL HELPFUL</i>
Being called in for a regular health check				
Flexible appointments				
A free flu vaccination				
Support to improve my physical health				
Support to improve my mental health				
Information about the condition of the person I look after to help me care for them				
A referral to my local carers centre or service to find out about other services that could be useful to me as a carer.				

**6. How else could we help you as a carer? Please use the box below to write down your suggestions.**

Many thanks for taking the time to complete this questionnaire. Please return to the practice and place in the box on the reception desk.