

## Are you a carer? Do you have a carer?

Cramond Surgery here and VOCAL Carers Centre are working in partnership to identify and support carers.

### What is a carer?

Carers are family members or friends who are looking after or supporting someone who is frail, ill or disabled. Caring roles vary from situation to situation. Carers can be involved in a large number of tasks including assisting with bathing, dressing, giving medication, helping with paying bills and organising the house among many others.

### How can VOCAL help?

Caring can present many challenges and VOCAL offers free services to support carers when dealing with them. The team at VOCAL can answer your questions, provide practical support to help you access services like respite and home help as well as financial entitlements, provide training and information, a listening ear or counselling.

### What happens next?

If you are a carer fill in the form below or if you have a carer pass this form to them. When VOCAL receives a completed form we will send you an information pack which includes information about carers rights and services to support carers and people with disabilities or in poor health. We will also add you to our mailing list and send you a newsletter three times a year.

Your name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone/mobile: \_\_\_\_\_

Email address: \_\_\_\_\_

We will use this information to send useful carer news and info

Date of birth: \_\_\_\_\_

Number of years caring: \_\_\_\_\_

Number of hours caring per week: \_\_\_\_\_

How would you describe your ethnicity: \_\_\_\_\_

### Information about the person you care for:

Relationship you: \_\_\_\_\_

Illness/condition: \_\_\_\_\_

Age: \_\_\_\_\_

Do you care for more than one person? Yes  No

(If yes, please use the space on the back of this form to list age and condition of other people that you support)

I would like VOCAL to send me an information pack and add me to their mailing list **YES/NO**

I would like VOCAL to call me at home to discuss my situation **YES/NO**

The information provided in this form will be stored on VOCAL's database. This will allow us to let carers know about events, training and other relevant opportunities. We may occasionally contact carers by telephone. We will add carers to VOCAL's carer email list. We will not share any personal information with a third party unless required to do so and will always seek to obtain consent first. Information is regularly checked to ensure it is accurate and up to date. If you wish to view the information we hold about you or if you wish your details to be removed, please contact VOCAL using the details below.

**Return freepost to VOCAL, Freepost 3172, Edinburgh, EH1 0XG**

VOCAL Carers Centre, 8 – 13 Johnston Terrace, Edinburgh, EH1 2PW

Tel: 0131 6226666 Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

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Cramond Surgery