

Support for carers: Telling your doctor you are a carer



This easy read tells you about registering with your GP as a carer. This means you tell your doctor that you are an unpaid carer.

GP practice Carers Champions



Every GP practice should have a Carers Champion who:



- Listens to carers and tells them about other organisations that can help them, such as the Carers Hub.



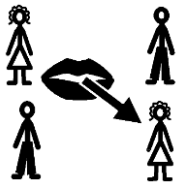
- Makes sure that people who work in the doctors know which patients are unpaid carers so they can help them.



- Keeps the GP Practice's Carers' Register up to date.

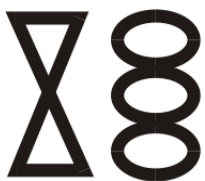


- Has useful information and support for unpaid carers.



- Talks to staff in the GP practice about unpaid carers so more people understand what unpaid carers do.

Support you can get from your GP surgery



Support you can get from each GP practice might be different, but it might include things like:



- Registering as a carer.



- Being listened to and valued- having a voice.



- Being given longer or more flexible medical appointments.



- Being asked if you want to have health checks.



- Being given information about the condition the person you care for has.



- Repeat prescriptions directly from your local pharmacy.



- Being given information about support you can get.



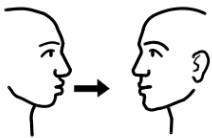
- Being allowed to share health information.



- Not having to explain your caring role every time you go to the doctors.



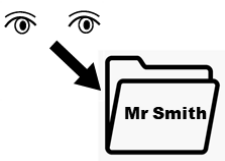
- Being asked if you would like to have vaccinations to keep you safe.



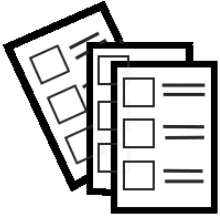
It is a good idea to tell your GP and the GP of the person you care for about your role as a carer.



This means you can get help if you need it.



It also means that the health information about the person you care for can be shared with you.



We have lots of other documents about for support for carers in [our easy read library](#).

This document is part of a set of 19.

Links in this document

Nottinghamshire County Council easy read library

nottinghamshire.gov.uk/global-content/easy-read-library

This easy read was first published 14 April 2026.
This information was last updated 14 April 2026.