

# Advice for Carers - Your Plan

Consider the list - not all will be applicable to your personal circumstances

**Checklist** Tick them off when completed

**Personal Notes**

## 1. **Get Information, Advice and an Assessment.**

- Carers Assessment
- Patient Assessment
- Lasting Power of Attorney considered?
- Mental Capacity considered

## 2. **Register As a Carer**

- Register with GP Practice
- Register with Princess Royal Trust for Carers
- Register with Priority Services Register
- Access to Medical Records considered?
- Visit Home and Well Carers Hub
- Speak to Your employer
- Complete the Herbert Protocol
- Message in a Bottle Scheme

## 3. **Check if you qualify for any benefits**

- Patient Benefits Checked
- Carer Benefits Checked
- Pension implications considered

## 4. **Ask others for help** - make a list who.

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## 5. **Looking after yourself** - Note your needs and how you'll achieve these.

**Other Notes**