

Supporting young carers in your surgery



It is estimated that as many as **1 in 12 young people are carers**, which is equivalent to over 7300 in Sheffield. Based on this statistic and data from the CCG and 2011 census, it is estimated that **every individual GP may have up to 20 young carers** amongst their patients.

Sheffield Young Carers would like to work with you to identify and support young carers in your surgery. Young carers often tell us that if their GP would ask how the caring affects them, this would make a big difference.

Six Top Tips

Sheffield Young Carers offer their top tips to GP surgeries



Top Tip 1

Create a young carers register and offer flexible /after school and double appointments.



Top Tip 2

Put up posters and leaflets in your waiting room and consulting rooms about young carers and services available to them.

Top Tip 3

Increase awareness of receptionists as to who the young carers are so that allowances can be made when they want to make an appointment for themselves or the person they are caring for.

Top Tip 4

Nominate a Young Carers Lead in your surgery.

Top Tip 5

Run training for all staff and the surgery's Patient Participation Group.



Top Tip 6

Add a self-identification question to your existing patient registration form.

Sheffield Young Carers Project supports young carers aged 8-25 in Sheffield. We offer one-to-one and group work support, holiday and fun activities as respite from caring. We also offer family support and provide training to services and professionals. Please check out the professionals section on our website. We accept referrals from GPs and self-referrals. Make sure your patients get the support they need.