

Do you look after someone?

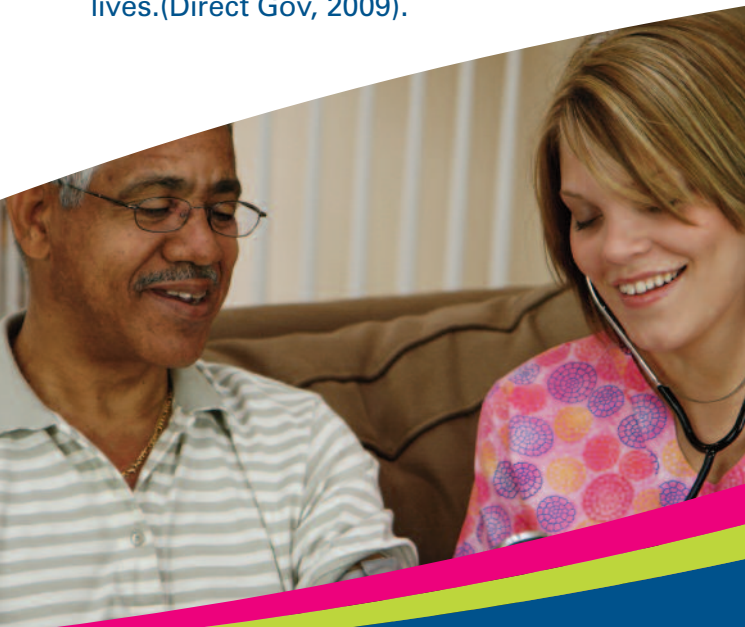
Have you had a health check
in the last six months?

Do you need any support?

Looking after someone else:

If you look after someone else you might not realise that you are a carer. A carer is someone who looks after and supports a friend, relative or neighbor who could not manage without their help. This could be due to age, physical or mental illness or disability. It does not mean a professional care-worker or personal assistant who gets paid for their work.

If you are a carer, you are not alone. Three in five people in the UK will become carers at some point in their lives.(Direct Gov, 2009).



“ Your Health matters ”

Tower Hamlets Health Check for Carers Team

Carers Centre,
21 Brayford Square,
London E1 0SG.

Telephone:
020 7791 5591
020 7791 5590



Health and Wellbeing Checks for Carers

Information for Carers



A new Project for Carers

A new project funded by the Department of Health and managed by Tower Hamlets Council, Tower Hamlets Carers' Centre and NHS Tower Hamlets has been set up to improve the health and well being of carers. The project aims to improve the overall health of carers by providing regular health and wellbeing checks and support to access services.

The health checks will be carried out by a team of dedicated nurses, based at the Carers Centre ,who will carry out a confidential check of your health and general wellbeing by looking at such questions as do you get a break from caring or do you sleep at night, are you able to spend time doing things you enjoy.

The benefits are:

- Prevent deterioration in carers physical and mental health.
- Overall support your well-being.
- Provide you, the carer, with direct support, signposting and help.

Aims of the health assessment

- You will remain the focus of the assessment, outlining your needs and have an action plan.
- Focus on all aspects of living; the impact of physical illness, financial, spiritual, sexual, emotional, psychological status on person's wellbeing.
- Receive support to access health/social care services
- Opportunities to promote better networking with other carers in your local community



How to get a Health check?

You will need to contact the Health Checks team (020 7791 5591 / 020 7791 5590) to book your health check.

For your health check appointment, you will be sent:-

- A letter to confirm the date, time and venue and named nurse.
- A steripot to collect your first urine sample on that day. (You will need to bring this sample to the appointment).
- The team's administrator will contact you as we will cover the cost of your travel.
- **As we can also cover the cost of a relief carer that will look after the client whilst you are attending the appointment or**
- Our nurses will go to you at places that fit in with your schedule
- If you need us to book an interpreter
- * You will also need to inform us of any other special requirements you may need.