

DRS HAGGERTY, ADAMS, SWORD & EVES, ARDROSSAN HEALTH CENTRE

INFORMATION FOR CARERS

General Health

If you are a carer, you have the right to see that your own health needs are met - both physically and emotional. Looking after your own health means that you are better placed to carry out your caring role. If you need information and support, this can be done by contacting the surgery and we can give you details. Alternatively you can make an appointment with your doctor if you are feeling anxious or stressed. Your doctor could be one possible route in to social services, counselling and organisations that may be able to help you.

Home Visits/Repeat Prescriptions

If you have difficulty in getting to the doctor because it's hard to leave the person you care for on their own, then you can contact us and we will ask a Doctor to telephone you and discuss your needs.

Even things like prescriptions can be delivered to your door by arrangement with your chemist. If you have access to a computer and the internet then you can order repeat prescriptions online by using our practice website on www.ardrossanhealthcentre.co.uk.

Cervical Smears

Female patients between the ages of 21 to 60 should ensure that you have cervical smear tests carried out at least three yearly. If you have not had a smear test carried out for some time then get in touch with us and we can arrange an appointment for you our Nurse.

Influenza Vaccination

Carers themselves are not "at risk" of influenza unless you fall in to one of the recognised clinical risk groups. However, if you were unable to carry out your caring role this could be detrimental to the person that you care for. We therefore advise that you consider having the influenza vaccination. This vaccination is free of charge. An appointment can be arranged for you with our Nurse by contacting our reception desk.

Social Work Services

Your social work department can offer a range of support and referrals. To determine what help is needed, and how they can help, there are various assessments that may be done, e.g. Community care assessment - This assessment focuses on the cared for person. A Carers' assessment is for you, the carer and looks at how you feel about caring and your needs. Social work can offer home care support, short-term breaks for the person you care for (also known as 'respite care') aids and equipment as well as support for you with regard to finances. There are various benefits and allowances available to both carers and the person being cared for. Contact Social Work or benefits helpline for information.

Useful Contact numbers

Accessibility Ardrossan	01294 470480
Age concern	01294 822380
Benefit Agency	0141 2443500
Care Shop	0845 600 1204
Care Partners Ardrossan	01294 475631
Carers Benefit Helpline	01253 856123
Crossroads Caring Scotland	0141 226 3793
Cunninghame Crossroads Ardrossan	01294 601447
Dial - A- Bus	0845 128 4025
House Bound Dental Services	01563 578664
NHS 24	08454 24 24 24
Princess Royal Trust Carers Centre	01294 311 333

Social Work Departments

Kilbirnie	01505 684551
Largs	01475 674585
Saltcoats	01294 605261
Welfare Rights Office	01294 317786

Caring for a family member, friend or neighbour can be very rewarding but also very stressful. **Your health** is just as important. Even if the person you care for is not one of our patients, you are, so we still want to support you. Please advise the reception staff that you are a carer.