

## **CENTRAL AVENUE SURGERY, ARDROSSAN HEALTH CENTRE 01294 463838**

### **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](http://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.

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

## USEFUL TELEPHONE NUMBERS

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

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  
Carers Direct – 0808 8020202 ( free from UK landlines)

### **Websites**

There is a wealth of information on [NHS Choices](#) about carers and caring with links to advice from benefits to housing etc.

[www.carers.org/local-service/north-ayrshire](http://www.carers.org/local-service/north-ayrshire).

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.





## Useful Telephone Numbers



