

# Do you look after someone who couldn't manage without your help?

**If so, you can register as a Carer with your GP Practice.**

Do you look after a friend or family member who is frail, elderly, has a physical illness, mental health problem or is struggling with an addiction and cannot manage without you?

**If the answer is "YES", THEN YOU ARE A CARER!**

If your GP Practice knows you are a carer, they can help you to:

- **Look after your own health**
- **Look out for signs that caring is having an impact on your health**
- **Receive certain vaccinations**
- **Find useful information and support**

Action for Family Carers has been making a positive difference to the lives of carers and young carers in Essex for over 30 years.

Find out more about ways we can help at [affc.org.uk](http://affc.org.uk)

**How do I register?**

Ask your GP receptionist for a carer registration form



**Action for  
Family Carers**



0300 770 80 90



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affc.org.uk