



## Carers' Support Information for GP Practice Staff – East Surrey

The following information is intended to offer guidance to GP practice staff coming into contact with **unpaid carers in Surrey**. These are defined by Carers UK as someone who looks after family, a partner or friends in need of help because they are ill, frail or have a disability.

This support is **not** available to those who are offering care in a paid capacity.

### Carer's Prescription

- Holistic support for carers of all ages, including young carers.
- Includes the option of a one-off payment (see below) as well as wellbeing support by phone and/or in person and the possibility of respite care.
- To refer for a carer's prescription, go to: [GP Carers Dashboard](#)

### Personal Health Budget (formerly known as Carer Break Grant)

- Maximum £300, usually a 'one-off' payment at GP's discretion
- The carer receiving the grant has to live within Surrey
- The GP surgery they are registered with has to be within NHS Surrey Heartlands
- Refer for this as for a GP Carer's Prescription, via: [GP Carers Dashboard](#)

### *Where the person being cared for is a child:*

The carer may also be eligible for respite care via short breaks for disabled children, see

<https://www.surreycc.gov.uk/children/support-and-advice/children-with-disabilities/surrey-short-breaks-for-disabled-children>

Further information on the carer's support is available at:

<https://www.actionforcarers.org.uk/for-professionals/general-practitioners/> (professionals)

<https://www.surreycc.gov.uk/adults/care-and-support/carers> (public)

