

**Declaration**

At **Rush Green Medical Centre – Dr Poolo's Surgery** we are committed to identifying and supporting carers according to the requirements of the Care Quality Commission and as evidenced against the NHS England quality markers for general practice.

Quality marker	How achieved
<p>identification and registration</p>	<p>Through annual surveys patients can be added to the carers list. New patients will be asked during their new patient consultation and will be added to the carers list.</p> <p>An alert system is present that displays information such as, the patient is a carer, when the notes are accessed.</p>
<p>holistic support</p>	<p>Carers are offered regular health checks and 'flu jabs, to help maintain a good physical health. We hope through these services carers can feel more confident in their caring role and enjoy improved wellbeing and feel enabled to have a life outside of their caring role.</p> <p>DPS will actively monitor carers and for signs of anxiety, depression or stress and treat them appropriately.</p>
<p>in-practice support</p>	<p>Carers can receive priority when they display their Career Card within the practice</p> <p>Dr Suyja, the newly recruited salary GP acts as a strategic lead for carers and closely works with the patient participation group to ensure the needs of carers are promoted.</p>



**DPS-RGMC**

Dr Poolo's Surgery Rush Green Medical Centre

Quality marker	How achieved
appointments and access	2 appointments each session for each doctor is allocated for this purpose.
	Carers have priority and flexibility when booking appointments.
information, involvement and communication	Poster outlining correct weight handling, first aid and more are present in the sitting room.
	Carers packs are supplied to all carers and are encouraged to visit <a href="http://www.carerscentre.org.uk">www.carerscentre.org.uk</a> ; Carers Hub, located in Barking and Dagenham (Cover page & Internal documents – copy attached)
awareness and culture	Staffs has basic knowledge of the types of services available to carers and explain to carers how these services can be of benefit. We hope there will be more training surrounding the topic in the near future.
<b>How did the practice involve carers in this declaration?</b> Coordinate with the patient participation group.	

NAME:.....*A. Poolo*.....

DATE:.....*3/12/20*.....

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261, Dagenham Road,  
Romford, RM7 6XR UK

Supported by:



## Carers of Barking & Dagenham

334 Heathway  
Dagenham  
RM10 8NJ

Tel: 020 8593 4422

E-mail: [carers@carerscentre.org.uk](mailto:carers@carerscentre.org.uk)

Website: [www.carerscentre.org.uk](http://www.carerscentre.org.uk)

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## BARKING & DAGENHAM CARERS

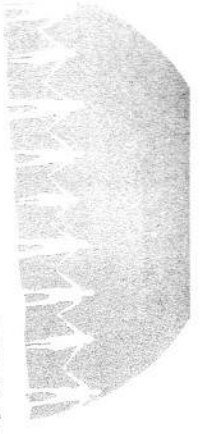
# INFORMATION

For more  
information

CARERS' HUB

Visit our website at

[www.carerscentre.org.uk](http://www.carerscentre.org.uk)



# BARKING & DAGENHAM CARERS

## Are you a carer?

If you are looking after  
someone who has:

- a long-term illness
- mental health issues
- a physical or learning disability
- dementia or
- Alzheimer's disease...

...then you **ARE** a carer.

Caring is not an easy thing to  
do. Problems can mount up and  
use the sort of stress that can  
bring you down and make you feel  
isolated. Sometimes all you need  
is a chat and some support, other  
times you may need more.

... here to help.

CARERS OF BARKING & DAGENHAM

### HAVERING CARERS' HUB

### BARKING & DAGENHAM CARERS' HUB

#### Memory Lane Day Ca

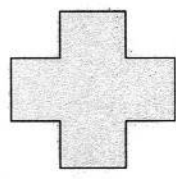
#### Dementia ai

- Monday to
- 10:00 – 15:00 (£50
- Tuesday and Thursday (o
- offering hal
- 11:30 – 14:30 (£30 transp

Living Well  
With Dementia

Meals  
Provided

Breakin  
Isol



### CARERS EMERGENCY CARD

**Help!** Please use in the  
event of illness or accident

Follow the instructions enclosed

Thank You!

### BARKING & DAGENHAM CARERS

### I AM A CARER

Carers of Barking & Dagenham  
Telephone: 020 8593 4422  
www.carerscentre.org.uk

Registered Charity No: 1063485

relies on me

else takes  
a for  
listed

Tel: 020 8593 4422

BARKING & DAGENHAM  
CARERS