

# 8 Ways GP Surgeries can support Caregivers in Gateshead

- 1 If you don't understand about caregivers and our roles - ask us.
- 2 Acknowledge us, include us in conversations when attending appointments with the cared for person.
- 3 Ensure GP practices have a designated notice board for carers with key information on local services.
- 4 Ensure GP practices have a caregivers register, and we are encouraged to register.
- 5 Try to accommodate for us to still be seen if we run late.
- 6 Try to give us a bit of extra time during the appointment so we don't feel rushed.
- 7 Try to accommodate an appointment that will best suit us with the GP or nurse that we are most comfortable with.
- 8 Do not simply use us as an interpreter for the person we care for.

