

## How do I get my check?

When you book, you will be given a pack containing an information sheet which asks for some personal details needed for your check and for monitoring. This is completely confidential and anonymous.

**With your permission only**, this anonymous information may be shared with an evaluator to help us get services right for carers in the future.

You will also be given a booklet "Getting the most out of your health and wellbeing check". This helps you to prepare and you will get more out of the check if you take time to read it.

Think about and answer the questions it raises but if you don't have time to complete it all – just think about which sections are the most important to you and tell the person who is doing your check when you get there.

## What happens next?

No-one will tell you what to do as a result of any health issues we find. Instead we will help you decide what you want to do next and support you to do so.

If any health risks are identified, you will be advised about further appointments you may need, for example, with your GP, and if possible these will be booked for you.

You will be given your record of the check results to keep and think about, together with any further information about your health and wellbeing that may be useful.

To book your appointment contact the surgery or pharmacy where you picked up this leaflet.

# If you care for others, don't forget to care for yourself.



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## A free and confidential check-up service especially for carers

**If you care for a family member or friend this is for you.**

**Carers often tell us that they put the health of the person they care for before their own. We know that if you are busy looking after someone, maybe balancing that with other commitments to family or work, it can be difficult to take time to think about your own health.**

**We have obtained special funding from the Department of Health that allows us to offer free health checks to carers for a limited period wherever these leaflets are displayed.**



## About the check

Your check will be completely free of charge, it is confidential and personal to you.

There are a limited number of checks only available at places that have these leaflets displayed. It may be at your Doctor's Surgery, your pharmacist or another convenient location.

If you can't leave the person you care for to have the check, you can have the check at home.

If you need someone to look after the person you care for in order to have the check, there is money available to cover the cost of care while you have the check and while you are getting to and from your appointment.

The check, which takes about an hour, is carefully designed to make the most of the time to have a structured look at your health and wellbeing.

## What will it cover?

Your check will cover your health and wellbeing as fully as possible. We will look at your physical health, stress and mental wellbeing, and the challenges of caring.



You will have the opportunity to raise any worries and concerns you have about your health with a trained health professional including any ways in which the caring tasks you undertake are difficult for you.

If it would benefit you, you will be offered a simple finger-prick blood test to screen for blood cholesterol and diabetes, and a blood pressure check.