

Supporting Carers in General Practice

Online learning for primary healthcare workers who support carers in the community

Supporting Carers



In General Practice

The Supporting Carers in General Practice e-learning programme has been developed for primary care professionals, to help them to support people who care for others. It has been developed by the Royal College of General Practitioners in partnership with e-Learning for Healthcare, the Princess Royal Trust for Carers and with support from The Children's Society.



Supporting carers is important because, on any practice patient list, one in ten people is a carer, with 22% of those carers performing caring duties for more than 50 hours every week. It is estimated that at least 175,000 carers in the UK are children. Carers underpin our social care system within the UK. With an ageing population, the role of the carer is ever more vital to our society.

However, although many carers enjoy their caring role and want to continue caring, there is evidence to suggest that they suffer physical, psychological and social consequences as a result of their caring role. Carers are more likely to have seen their GP recently than any other support professional. It is vital for GPs within the primary care teams to know how to identify and support carers in order to maintain the health of the carer, and to preserve the care giving situation.

The programme contains six e-learning sessions:

- Supporting those who provide care for other people
- Identifying carers
- Organising your practice to support carers
- Supporting young carers
- Support for older people and their carers
- Supporting the carers of people with challenging problems



To access e-Carers, go to www.e-lfh.org.uk/projects/supporting-carers-in-general-practice/access-the-e-learning/



For more information, go to www.e-lfh.org.uk/projects/supporting-carers-in-general-practice/