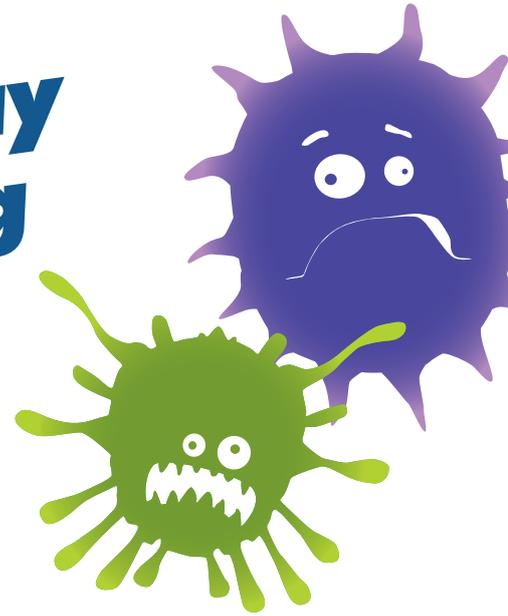


A quick and easy way to help carers during the flu campaign



Frequently asked questions (FAQs) for healthcare workers:

1. How can I help carers during the flu vaccination campaign?

If a patient you meet has someone with them who is their unpaid carer*, it would be really helpful if you could have a quick word with their carer about why it's important for them to have a free flu vaccination.

2. Why is it so important for carers to have a flu vaccination?

Many patients who rely on unpaid carers would be unable to cope alone if their carer caught the flu. Carers who are not vaccinated risk passing the virus on to the people they care for, which could make them seriously ill.

3. How can talking to carers about having a flu vaccination make a difference?

Although carers are entitled to a free seasonal flu vaccination from their local GP surgery (and may already have one due to being in an 'at risk' group), many carers are not aware of this or even realise that they are a carer. A few words from you, as healthcare worker they respect and trust, could:

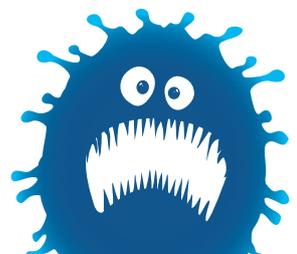
- help them recognise that they are a carer and need to look after their own health and wellbeing
- give the carer the confidence to ask their GP practice for a free flu jab
- encourage the carer to find out about other benefits and services that could make life easier for them.

4. Do I need to have good knowledge of the services available for carers?

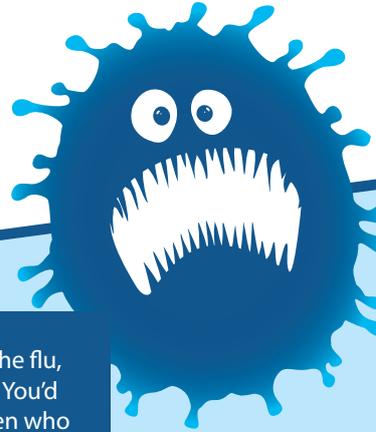
No. We appreciate how busy you are and don't expect you to give the carers you meet detailed information. All you have to do is give them the Carers Trust phone number and email address on the flyer. Carers Trust will then put the carer in touch with their local carers' organisation who can explain what's available to them, such as:

- a carer's assessment to discuss what would make life easier for them
- support to take a break and look after their own health
- online and local information and advice
- support for the person being cared for (including equipment)
- advocacy to ensure their voice is heard
- specialist support for young carers and young adult carers
- support groups, social events and emotional support
- planning for emergencies for the future
- training on how to care for someone
- education, training and employment opportunities
- help to recruit, train and support a personal assistant
- the chance to get involved in shaping services for carers.

*A carer is someone who, without pay, looks after a partner, relative, friend or neighbour who could not get by without their help due to frailty, illness, disability, mental ill health or addiction.



Script for healthcare workers during flu vaccination season



We're all getting our flu jabs at the moment. Have you had yours yet?

No

The thing is, if you did get the flu, it's not like catching a cold. You'd be flat on your back, and then who would provide the care that you do?

Have a look at this.

It tells you that if you look after someone who wouldn't be able to manage if you were ill, you're entitled to a free flu jab.

Just hand it in at the doctors or give them a call.

You need to say that you'd like your free flu jab because you're a carer.

If the person that you care for is entitled to a vaccination, you could remind them to book their appointment, or book them in at the same time as you.

Yes
(or have arranged to have one).

That's great. It's really important that you protect yourself too.

Have you been in touch with your local carers' service to make sure you're not missing out on any other things you're entitled to?

No? Well it's definitely worth having a chat with them. A lot of carers find it really helpful. Just give them a call on the number on this leaflet.

