

# Do I look like I care?

## #NHSThinkCarer

**Do you look after, or give any help or support to anyone and are not paid for this?**

**Did you know that we can record that you are an unpaid carer on your medical record?**

We can record the following information about you:

- If you look after a family member, partner and/or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.
- If you have a contingency plan in place for a situation when you cannot provide care. You might know this as an Emergency Plan, a Plan B, a Just in Case Plan, or something else!

We can remove this when you no longer provide help and support.

**Please ask us to do this for you.**

**If we know that you are helping someone else and they can't cope without your support we can offer you help, advise and signpost you to support services.**