

Carer Awareness for General Practice



This pack includes:

- News item
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- Assets
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For more information about this pack the Carer Awareness Education please contact
jen.francis@nwmpnhn.org.au

This project is supported by the Victorian Government.

News item

It is estimated that **one in ten** patients in any general practice is a carer. Carers provide a vital role, and enable patients to maintain their independence, wellness and quality of life. However, carers themselves can experience a range of negative health, social and financial impacts as a result of their caring role.

The *Victorian carer strategy 2018-2022*, developed with input from 1,500 carers, found that many carers will spend lots of their time in healthcare settings but will rarely have their own health needs identified or addressed.

The new **Carer Awareness Education** offers guidance for GPs to identify and support patients who are carers. Carer Awareness Education covers:

- Recognition of the carer role
- Identifying and supporting carer needs
- Involving the carer in patient care

Many carers consider general practice the place to point them in the direction of support and services.

“It is important that primary care providers are aware of the range of issues that carers may face, and that GPs are able to identify carers, involve them in patient care where appropriate, support them to maintain the caregiving situation and monitor their health and wellbeing.” Says Jeannie Knapp, GP and HealthPathways clinical editor, and presenter of the online **Carer Awareness Education**.

The Carer Awareness Education kit was developed with input from GPs, carers, and Carers Victoria and is framed by The Victorian carer strategy 2018-2022. This project is funded by Department of Health and Human Services (DHHS), in partnership with Carers Victoria and delivered by Victorian and Tasmanian PHN Alliance (VTPHNA), led by North Western Melbourne PHN.

- Visit vtphna.org.au/carers for online education
- Visit **[Your PHN]** to register for this event

Social media

Suggested messages for health professional audience channels:

- An estimated 1 in 10 patients is a carer. Many carers experience a range of negative health, social and financial impacts as a result of their caring role. The Carer Awareness Education kit offers guidance for GPs and practice staff to identify and support patients who are carers.
- About 1 in 8 people in Australia are carers. Caring can have a significant impact on a carers physical, mental, social and financial wellbeing. Learn how to support and improve carers' wellbeing with the new **Carer Awareness in General Practice** education kit.
- VTPHNA have released new Carer Awareness Education to help GPs and practice nurses identify and support people who are in a carers role and to better understand and help them to improve their health and wellbeing. The education kit was developed with input from GPs, practice nurses, carers and Carers Victoria.
- Over 2.6 million Australians are carers. Caring can have a significant impact on a person's physical, mental, social and financial wellbeing. VTPHNA, with carers, GPs and Carers Victoria, have developed a kit to help general practices to identify and support carers and improve their health and wellbeing.
- Carers have the lowest wellbeing of any large group measured by the [Australian Unity Wellbeing index](#). The new Carer Awareness in General Practice education kit aims to help general practices to identify and support carers and improve their health wellbeing.
- *Call to actions:*
 - Explore the Carer Awareness in General Practice online education at vtphna.org.au/carers
 - Learn how to support carer wellbeing at our upcoming event. Visit **[Your PHN]** to register for this event.

Additional Background

An important part of the webinar is framed by The Chief Psychiatrist's guideline, *Working together with family and carers*. This guideline provides specialist advice about involving family and carers in the treatment and care of individual consumers. The guideline recognises the importance of the wellbeing of carers, promoting and encouraging communication between health practitioners, consumers, their families and carers. While paying regard to consumers' preferences, families and carers must be meaningfully included in consumers' treatment and care.

Assets

- **Social media files** – VTPHNA Event graphic, Facebook graphic



Download these assets from: vtphna.org.au/carers-awareness-for-phns

The public VTPHNA Carer Awareness page contains all other assets: vtphna.org.au/carers

- [The carer experience – video](#)
- [Case Studies](#)
- [Education modules](#)

Promoting events to general practice

1. Include a note on *How to claim CPD points*

The education session and webinar content has been approved by RACGP for two CPD activity points and ACRRM for 1 hour of professional development (2020-2022 triennium). NWMPHN will manage these points on behalf of the other Victorian PHNs. Please include instructions in your promotions to GPs so that they can complete [the survey](#) required to claim professional development points. For example:

How to claim CPD points

Complete the survey after you have watched all three parts of the webinar and follow the instructions in the survey to submit for professional development points.

2. Promote Carer Awareness at other education sessions

Promote Carer Awareness to GPs in your region, for example include the video and the case study examples in your next Mental Health education and training session.