



# GPs, nurses, practice managers, receptionists, pharmacists, allied healthcare professionals and their support staff can work together to be **A.L.E.R.T.** to carers.



**Ask**

Ask if someone is a carer and find out what help they need.



**Listen**

Listen to what an unpaid carer tells you, explain that this can be recorded on their notes and be very helpful for the carer, and the person they care for, with this information being shared with relevant colleagues as necessary.



**Explain**

Explain to the carer that they have rights. This could be the role of a 'carers champion within your practice or setting'.



**Respect**

Respect and recognise carers' wishes, expertise and the challenges they face every day in their caring role.



**Tell**

Tell carers about the support available to them locally, how to contact their local authority, and signpost them to Carers Trust Wales, and for older carers, Age Cymru.

[carers.org/wales](http://carers.org/wales)  
[ageuk.org.uk/cymru](http://ageuk.org.uk/cymru)

