

Carer Awareness in General Practice

For General Practitioners, Practice Nurse and Mental Health Clinicians

The Victorian Tasmanian Primary Health Network Alliance (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.

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 **Carer Awareness in General Practice** is an **education kit** that offers guidance for GPs to identify and support patients who are carers. Education covers:

- recognition of the carer role;
- identifying and supporting carer needs; and
- involving the carer in patient care

How to access the education:

Express your interest to access the kit [here](#). On submission, you will receive a link and email to immediately access the kit

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

*Gippsland PHN have commenced an education and media campaign for Carers and General Practitioners in **Carer Awareness** - be prepared for patient inquiry and explore the Carer Awareness in General Practice Online education at vtpghna.org.au/carers.*



This education is accredited for RACGP and ACRRM professional development, provided when you complete all **three short webinars (12 minutes each)** and the associated **survey**.

Part 1: Recognition of the carer role

- Who is a carer?
- Tips for identifying carers in your practice
- Issues faced by carers
- Tips for supporting carers in your practice

Part 2: Identifying and supporting carer needs

- Working with carers to support their needs
- Carers from culturally and linguistically diverse communities
- Carers in Aboriginal and Torres Strait Islander communities
- Carers in LGBTIQ+ communities
- Tips for a carer-friendly practice
- Referral pathways for carers including support services
- Life after caring

Part 3: Involving the carer in patient care

- Carers as partners in care
- Tips for incorporating carers in care treatment and planning
- Working with carers of people with a mental illness

The Victorian Tasmanian PHN Alliance also host an online education and resources page available to the public. Explore here <https://vtpghna.org.au/our-work/best-practice-prevention-management-and-support/carers-awareness-in-general-practice/>

See [Gippsland PHN Events page](#) for all event information

Would you like to provide feedback or suggestions on future education/training workshops? Contact us via events@gphn.org.au