

# NHS Flu Season 2019/20

## Identifying carers

One of the key 'at risk groups' to vaccinate is carers. Guidance on who is and who isn't eligible for a 'carers' jab has changed in recent years. By 'carer' we mean any unpaid carer who looks after someone who wouldn't get by without their help on a regular basis.

Check out PSNC link for poster & leaflets targeting carers <https://psnc.org.uk/services-commissioning/advanced-services/flu-vaccination-service/identifying-carers-eligible-for-a-flu-vaccination/>

The Carers Trust has produced 'ten signs that tell community pharmacy teams that someone may be a carer'. These are listed below. Note: the carer does not have to be all of these!

1. Often drop off and collect prescriptions for another person
2. Collect medication for someone who has a condition (e.g. dementia) which suggests they wouldn't be able to get by on their own
3. Buy incontinence products or other items associated with ill health, frailty or disability
4. Ask for advice about someone else's medication, health condition or disability
5. Sit in on any consultation and give the impression that they are the main 'manager' of the patient's health
6. May be in a hurry to get back home because they don't want to leave someone on their own for very long
7. Visit the pharmacy with someone who appears to need their support
8. May look tired, depressed or anxious when the person they usually accompany isn't with them
9. Take delivery of medication from the pharmacy delivery driver
10. Regularly buy OTC medicines for another person

