



Making the most of your pharmacy for carers Medicines

Research carried out by Carers Week last year found that 95% of carers regularly covered up or disguised the fact that their own health was suffering as a result of the pressures of looking after a friend or family member.

We know that carers are twice as likely to suffer from ill-health from the 2001 Census.

Carers UK is looking at ways in which we can help carers in many different ways and have teamed up with Lloydspharmacy this year to see how carers and local carers' organizations can make the most of what community pharmacy services have to offer. Some local carers organizations have already done this very effectively.

We also know that with 2.3 million people becoming carers every year, many people will not know what support is available.

Advice on medicines

Pharmacists have always advised carers on medicines. They are often the experts on the medication taken by someone, the side-effects and interactions with different drugs. They offer vital advice and can also do this in a confidential area.

Medicines check-up

Research shows that half of us may not be taking prescribed medicines properly and this can make a big difference to our health. From Carers UK's research, we know that many of the people being cared for have multiple conditions and often are taking a range of different medicines to try to control different conditions. Lloydspharmacy, offer a free of charge medicines review to people who receive their repeat medication from the pharmacy. The service which takes around 10 minutes and can be booked with the pharmacist. Lloydspharmacy website also has a useful test to take to see whether carers are at risk because of the way that they are taking their medicines or how they are working. Carers can visit the following link to take the test and both organizations and carers can find out more information about the service here:

www.lloydspharmacy.com/wps/portal/services/medicinescheckup



Managing medicines

If the person for whom you care takes a whole range of medicines – or you do – some pharmacies may be able to help with this too. This service, called Medicines Manager, is provided free by Lloydspharmacy. Jenny, a carer for her mother, older sister and neighbour, receives a daily dosset box with individually marked pockets. “It’s simple but brilliant,” said Jenny. “Mum has a habit of taking some of her medication on her own and then forgetting all about it. I used to worry that she’d either miss a dose or that I’d double up by mistake, but now it’s easy to see exactly what she’s taken, what she needs to take next and when she needs to take it. This gives me some peace of mind and takes some of the pressure off my daily routine.”

www.lloydspharmacy.com/wps/portal/prescriptions/information/services/medicinesmanager

Getting prescriptions to carers quicker and easier

Several years ago, Carers UK welcomed a pledge by Government that they would make getting medicines easier to access.

Carers UK welcomed this measure for the following reasons:

- cutting down on the number of journeys which cost both time and money for carers
- cutting down on the stress of juggling yet another task
- making life easier for carers who juggle work and care and people like Linda who did not have to go regularly to pick up prescriptions for her mother

Lloydspharmacy Express Prescriptions Service, which is completely free of charge, asks a carer or person being cared for to complete a form. The pharmacy can then contact the GP to pick up the repeat prescription, cutting down on carers’ journeys to and from the surgery. It is then ready for the carer to collect.

With the Express Prescriptions Online Service, the prescriptions can even be delivered to the carers’ home or their workplace – helping many carers to juggle work and care and cut down on caring tasks.

Lloydspharmacy has a leaflet on the Express Prescriptions Service which is available in its pharmacies. Or you can access information from the website on:

www.lloydspharmacy.com/wps/portal/prescriptions

What you can do to help spread the word to carers:

Many carers often say that they do not know about the wealth of support that is available to them. Local groups have taken the following action to help tell carers about the support available in pharmacies:

- in emails to carers
- at support groups – making it a theme of discussion
- in providing advice to carers – how to make life easier – little changes can also help



- at any health clubs or events you hold for carers

This would fit well with any projects which are looking at:

- health improvement targets for carers
- health improvement targets for disabled people
- carers and employment projects

How your local Lloydspharmacy can help your local group

Leaflets and information for carers

You will find a wealth of leaflets and information in your local Lloydspharmacy which you can give to carers explaining the different free services that they run for carers and other people. This is a really helpful resource for carers which you can have during Carers Week or any other health event.

Where to get information: www.lloydspharmacy.com/wps/portal/services

Lloydspharmacy store locator

Lloydspharmacy have 1700 stores throughout the UK. Some of the prescriptions services, like the Express Repeat Prescription Service are only available in England and on the Isle of Man. If you want to find out more about any of these services then go to: www.lloydspharmacy.com

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Legal information

Carers UK is a charity registered in England and Wales (246329) and in Scotland (SC039307) and a company limited by guarantee registered in England and Wales (864097). Registered office 20 Great Dover Street, London, SE1 4LX.