

Health Innovation Network and Carers Trust launch 'Time to think about you'

The Health Innovation Network (HIN) and the Carers Trust have launched 'Time to think about you', a project they worked on together with family carers to encourage them to be more aware of their health, and the support available to them at their local GP and carers' centres.

The HIN and the Carers Trust have developed a range of materials for 'Time to think about you', including a poster and prompt cards. These include questions around common themes that carers see as important, and those that GPs most commonly deal with, including "Do you feel you do not have enough time for yourself?" and "Are you sleeping poorly?".

The initial idea of the support tool for carers came from working with two focus groups of people caring for someone with dementia. By listening to them talk about their experiences and views on carer support, their issues with identifying and raising problems, and what they felt would be helpful, the 'Time to think about you' resource was developed.

The HIN and the Carers Trust have now tested 'Time to think about you' in three carers' centres, and feedback showed that carers found the prompt card to be helpful, with comments including: "The leaflet helps to quantify concerns and problems when it is hard to put things into words," and "I didn't think I would talk to the GP about my problems."

The Health Innovation Network and the Carers Trust plan to spread 'Time to think about you' nationally, including in hospitals, pharmacies, memory clinics, care homes and other community settings.

You can help to raise awareness among carers by downloading and sharing the 'Time to think about you' resources. They are available [here](#) for carers, and [here](#) for professionals.

For more information please contact rebecca.jarvis4@nhs.net.