



After caring

Information for carers at the end of their caring role

This fact sheet contains information and guidance for carers where the person they looked after has moved into a residential care home and they no longer provide care, or their caring role is ending for other reasons.

Practical issues

When the person you look after moves into a nursing or residential care home and you don't continue to provide care, or your caring role ends for other reasons, there are practical issues that you may need to address. This can be difficult and you may feel like you don't know where to begin or who to contact.

You don't need to rush, so when you're ready, you can read this fact sheet with useful information and advice about where to start and who may be able to help. That said, it's important to remember that there are things that need to be addressed within specific time periods, such as updating agencies about your change in circumstance.

Your wellbeing

It's important to look after your health, especially when coming to terms with big changes in your life. You may find yourself facing a mixture of emotions and often someone to talk to may be helpful.

Moving on

Moving on after caring for someone can be a difficult and challenging time. It can also bring new opportunities and the time to do something different.

Care homes

Nursing and residential care

It can often be difficult when the person you look after moves into nursing or residential care; you might feel that you have let them down, or may find the decision hard to come to terms with.

Although your caring role may have come to an end, it doesn't mean that you no longer care about the person you looked after and you may still continue to provide some support. Whatever the situation, it can take time to adjust to the changes.

What can I expect from the nursing or residential care home?

Whether the person you cared for is living in a residential care home or a nursing home, staff are likely to recognise how important it is for you to visit. Visiting hours should be flexible and enable you to spend some quality time with them.

Many care homes will want to include you in activities and outings, especially in the beginning when the person is settling in.

Care plans need to be regularly reviewed and updated. This usually happens at a minimum of every six months, but can be more frequent if a person's needs change more rapidly. If you would like to be involved in the discussions about the care plan, you should let the staff know.

I'm concerned about their care, what can I do?

If you're feeling anxious or concerned about the standard of care, there are organisations that can help.

Adult Social Care

Adult Social Care are responsible for protecting vulnerable adults, also known as 'adults at risk', from abuse. 0345 60 80 191.

www.eastsussex.gov.uk/socialcare.

Care Quality Commission (CQC)

The Care Quality Commission (CQC) is the independent regulator of all health and social care services in England. Their job is to make sure that care provided by hospitals, dentists, ambulance services, care homes and services in people's own homes and elsewhere meets national standards for care, quality and safety.

Sharing your experience. If you have experienced poor care or know that poor care is being provided somewhere, you can report it to the CQC via their website. www.cqc.org.uk.

Elderly Accommodation Council - Housing Care

Elderly Accommodation Council is a national charity set up to help older people make informed choices. Their website provides free advice on elderly care, including specialist directories and information on nursing homes and residential care homes, as well as sheltered housing, extra care housing and retirement villages across the UK. 03000 616161.

www.housingcare.org.

FirstStop

FirstStop Advice is an independent, free service provided by the national charity Elderly Accommodation Counsel (EAC) in partnership with other local and national organisations. The service is for older people, their families and carers. It aims to help you get the help or care you need to live as independently and comfortably as possible. 0800 377 7070.

www.firststopcareadvice.org.uk.

Relatives and Residents Association

The Relatives and Residents Association is a national charity supporting older people by giving them the information they need to make confident and informed choices – whether about selecting a care home, paying for care, adjusting to being in care, or complaining about the quality of care they, or a relative or friend, are receiving.

020 7359 8136. www.relres.org.

Age UK

Age UK offer free information on help at home, arranging care, products for the home and adapting your home. They have a care home checklist, information about housing options and they can support you to understand your rights if you're concerned about the care your loved one is receiving. 01273 476704. www.ageuk.org.uk/eastsussex.

Hospice Care

Hospice care places a high value on dignity, respect, and the wishes of the person who is ill, and aims to look after all their needs. Hospice care provides for medical, emotional, social, practical, psychological, and spiritual needs, plus the needs of the person's family and carers.

Some of the local hospices provide support to family and carers following bereavement, regardless of whether they have had previous contact with the hospice. Details for hospices in the local area are below.

St Wilfrid's Hospice, Eastbourne

01323 434200. www.stwhospice.org

St Michael's Hospice, St Leonards-on-Sea

01424 445177. www.stmichaelshospice.org

St Peter & St James Hospice, Haywards Heath

01444 471598. www.stpeter-stjames.org.uk

Martletts Hospice, Hove

01273 273400. www.martlets.org.uk

Demelza Hospice for Children, Sittingbourne

01795 845200. www.demelza.org.uk

Chestnut Tree House Children's Hospice, Arundel

01795 845200. www.chestnut-tree-house.org.uk

What help is available with care costs?

Adult Social Care

You can ask Adult Social Care to carry out a social care assessment and a financial assessment. The purpose of this is to make sure that the person you care for is receiving all of the benefits they are entitled to. The Financial Assessment team will also work out how much, if anything, the cared for person needs to contribute towards the costs of their care.

0345 6080191. www.eastsussex.gov.uk/socialcare.

Saga

Paying the costs of long-term care could deplete your assets and significantly reduce any inheritance. Saga's team of independent financial advisers specialise in providing care funding advice for people who need to pay for their own residential care needs.

0800 0968703. www.saga.co.uk/money/care-funding.

SSAFA

Soldier, Sailors, Airmen and Families Association (SSAFA) is a national charity for those who serve in the Armed Forces, veterans, and their families. They offer practical support, help with financial difficulties and provide emotional support with social and family issues.

www.ssafa.org.uk.

Royal British Legion

Royal British Legion provide practical care, advice and support to serving members of the Armed Forces, veterans of all ages and their families. From coping with the loss of a loved one, help at home to adapt to independent living, recovery centres for injured personnel, money and careers advice or residential care; the Royal British Legion are there to help. 0808 8028080. www.britishlegion.org.uk.

Care for the Carers

Care for the Carers is an independent charity and the Carers Centre for East Sussex. We have been supporting and representing unpaid carers in East Sussex since 1989.

What do we do?

Our team of staff and volunteers can provide free practical and emotional advice and support – face-to-face, by telephone, or online. We can put you in touch with other carers, and help you navigate the range of services available locally. We also run support groups and events for carers in East Sussex and training for health and social care professionals and volunteers working with carers.

Care for the Carers represents carers and raises awareness of caring, working with a variety of local communities, organisations and service providers to build a carer friendly East Sussex.

All our work is developed with carers, and in response to their expressed needs reflecting local and national strategy, legislation, research and best practice. We work with carers so that they are empowered and can have a say in the policies and services that affect them.

During the Coronavirus pandemic, we are here to support all carers and offering our services by phone or online.

How to contact us

Call our Carers Hub on 01323 738390, Monday to Friday, 10am to 5pm to speak with one of our team of dedicated support workers.

Email us: info@cftc.org.uk

Text us: 07860 077300

Request a call back using the contact details above.

More information and carer resources at: www.cftc.org.uk.

No one left to care alone

Phone: 01323 738390 Email: info@cftc.org.uk Text: 07860 077300 Visit: www.cftc.org.uk



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