

After caring

Information for carers at the end of their caring role

This fact sheet contains information and guidance for carers who are recently bereaved, 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 dies or 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 registering a death and 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.

Your health and wellbeing

It's important to look after both your physical and mental health, especially when you have experienced long or intense periods of distress or you are emotionally drained. Trying to stay active has a huge number of positive benefits.

To maintain a healthy lifestyle, health authorities suggest participating in 30 minutes of gentle exercise and eating five portions of fruit and vegetables a day. To keep your mind stimulated try reading, playing cards or tackling a crossword. Singing is believed

to be helpful to improve breathing and always try to get some fresh air where possible.

One You East Sussex

One You East Sussex can help you to make simple changes towards a healthier lifestyle. www.oneyoueastsussex.org.uk.

NHS 111

NHS 111 is a service which helps you to access local NHS healthcare services in England. You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days a year.

Calls are free from landlines and mobile phones. 111. www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111.

NHS Choices

The NHS have a useful section on their website about healthy living. www.nhs.uk/live-well.

NHS Choices Winter Health

The NHS also has information about maintaining good health during winter and the financial help & benefits available. www.nhs.uk/live-well/healthy-body/keep-warm-keep-well.

Health in Mind

Health in Mind supports adults experiencing mild to moderate emotional or psychological difficulties. 0300 0030130. www.healthinmind.org.uk.

Clubs & Community Centres

Community Centres

Many local community centres hold interesting classes or courses - get involved! The Yellow Pages or Thomson Local directories should have listings for a centre in your area.

East Sussex Community Information Services (ESCIS) and East Sussex 1 Space

ESCIS and East Sussex 1 Space provide useful directories of local information across East Sussex. www.escis.org.uk and www.1space.eastsussex.gov.uk.

Your emotions

Once your caring role has come to an end you may find that you are left with a mixture of emotions. Everyone deals with emotions differently. You may find it helpful

to speak to someone about the feelings you are experiencing or be a part of a group which addresses these issues.

Ask your GP

You can speak to your GP if you feel that this would be of benefit to you and possibly be referred for counselling.

East Sussex Mental Health Directory

The directory lists services across East Sussex which support people with their emotional and mental wellbeing.

www.eastsussex.gov.uk/socialcare/healthadvice/mental-health/directory/help/.

Sussex Counselling

This website holds a directory of qualified counsellors in East Sussex, and information about the different approaches to counselling. 01273 732900. www.sussex-counselling.co.uk.

Samaritans

Samaritans provides confidential, non-judgmental, emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

116 123. www.samaritans.org.

British Association for Counselling & Psychotherapy (BACP)

BACP helps people to find a suitable counsellor in their area with whom they feel comfortable. They will respond to any queries or concerns you may have relating to starting counselling or during counselling. 01455 883300. www.bacp.co.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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Charity Number: 1074906. Registered Company No: 3677361. Registered address: Care for the Carers. Highlight House, 8 St. Leonards Road, Eastbourne, East Sussex. BN21 3UH