



## When Caring Comes to an End

Caring for someone may be a large part of your life, but it is inevitable at some point, this role will change. This could be because the person you have been supporting recovers, or because someone else takes over the care for them. Or it could be that they have not been able to stay at home and are in a care or nursing home, or they have died. In all these cases, it is important not to underestimate the impact that this might have on you, practically, emotionally or financially.

### How the Carers Centre can help

At the Carers Centre we are considering how we can better support people when their caring role is ending, or has ended. We're considering a number of options, such as a one to one meeting with a member of the team, or developing a peer support group. Carers can feel isolated after many years of caring, and support can be gained from others in a similar position.

If enough carers contact us with an interest in forming a peer support group, we will work with those interested to set this up. Please ask to speak to Jan Outram about this when you call and she will be pleased to discuss this with you.

Carers UK website provides much useful information to support you at this time, and help you think through options and practicalities.

<https://www.carersuk.org/help-and-advice/practical-support/when-caring-ends>

See also the useful advice for carers whose role is changing, provided by Age UK

<http://www.ageuk.org.uk/home-and-care/advice-for-carers/when-your-caring-role-changes>

### Benefits when the person you care for is away from home

It is important to contact the Department of Work and Pensions to let them know once someone moves into hospital or a care home for long term support. The person you care for would usually stop receiving a disability benefit after 4 weeks. Following that you would also no longer be able to receive Carers Allowance, unless you are still providing a lot of care, and the person is paying for their place in the care home.

If you received a carer premium with means-tested benefits, this will continue for an extra eight weeks after your Carer's Allowance stops. Details about which number to call in order to inform the DWP should be included on any letters you receive from them. For more information on this in your situation, please contact the Carers Advice Service on (0114) 272 8362.

### What to do when someone dies



The following sites carry useful information about what you need to do when someone dies:

<https://www.gov.uk/after-a-death>

<http://www.carersuk.org/help-and-advice/practical-support/when-caring-ends/bereavement>

<http://www.bereavementadvice.org/what-to-do-first-when-someone-dies/checklist-introduction.php>

## **Grief**

For support with grief:

<http://www.cruse.org.uk/>

If you would like to contact us for support with any aspect of your caring role ending, we would like to hear from you. Please contact the Carer Advice Service on (0114) 272 8362.

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