



TOP TEN TIPS



MANAGING CHANGE



Operates Birmingham Carers Hub

10

Difficult conversations

You may have to ask family or friends to be more supportive, remind a friend that you still exist or talk gently to a parent who doesn't accept that they can't live independently any longer. This takes courage, bags of patience and tact. Our Having Difficult Conversations top 10 tips may help you start this conversation.

2

Power of attorney for property and financial affairs

This covers things such as bank accounts, paying bills, collecting benefits or pensions and selling a home. This can be used while the person you care for can still make their own decisions, if they so wish, and when they are unable to be used their own decisions.

4

Change following a hospital admission

Starting to care, or, to continue caring, for someone who is coming out of hospital can be very difficult. It is important to remember that it is your choice whether or not to take on a caring role. Reach out for more support from the Hospital Care Coordinators 0121 424 3945 (HGS) or 0121 371 4491 (QEH)

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Managing work

If you are juggling work with your caring role, you are not alone. Without the right support, the stress and pressure of juggling work and care could lead therefore, to leave their jobs. It's important, and about any support that is available. Visit www.forwardcarers.org.uk/employment/carers-in-work

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Dealing with your emotions

Guilt and anger are both common feelings amongst people who are caring for a loved one. These feelings maybe caused by having to make decisions, feeling out of control or being frustrated. It is important to know this is normal. If these feeling are getting out of control or you are struggling to manage, speak to your GP or local Carers hub.

1

Managing someone else's affairs

There are different ways of helping the person you are caring for manage their affairs depending on whether or not they are able to make their own decisions, often referred to as having or lacking mental capacity. They can appoint a person to make certain decisions such as health or financial issues on their behalf, this is called Lasting Power of Attorney.

3

Power of attorney for health and welfare

This covers things such as medical care and social care. This can only be used when the person you care for is unable to make their own decisions. Call the Office of the Public Guardian on 0300 456 0300 for guidance.

5

Your health and wellbeing

Caring always involves an element of putting our own needs aside. However, it's important that you look after you, to see someone else and yourself, it's 10 tips for more support.

7

Using technology

There's a whole world of technology that could help make life as a Carer easier. Simple devices and apps can help someone live independently for longer or give you peace of mind when you can't be around. www.unforgettable.org

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Difficult decisions

During your caring journey there will be points when you are faced with a particularly emotional or difficult decision. Sometimes it's a decision you have planned for, or at least held at the back of your mind. Sometimes it's completely unexpected and leaves you feeling out of control. Writing down thoughts or decisions in advance can help you keep a cool head when it comes to the crunch.

Local Support for Birmingham

0333 006 9717
forwardcarers.org.uk

