



TOP TEN TIPS

PLANNING FOR THE FUTURE



forward carers

Operates Birmingham Carers Hub

You will need to consider when the person you care for is no longer able to live independently and requires more specialist care.

2 Future care needs

Access support, learn something new, consider volunteering or going back to work – whatever you do, know you are amazing and you deserve to have this time. Your pain will get easier and life will continue.

10 Life after caring

Ensure you have a strong support system in place, friends and family but also other organisations such as Birmingham Carers Hub.

4 Establish a support system

Losing someone is devastating, as a carer this may seem even harder. There is no right or wrong way to deal with grief, make sure you connect with those close for support. See your GP for counselling support.

8 Bereavement

Have a conversation with your GP to discuss what your best options might be for both you and your loved one.

6 Talk to your GP

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Talk to each other

Find time to get together and talk through your options regarding caring, long term solutions and what to do when more care is needed.

3

Finances

Depending on your potential future needs, you will need to think about costs in relation to extra care requirements and start to budget for them. You might be eligible for the local council to pay towards the cost of your care if you have less than £23,250 in savings. Exactly how much you can afford to pay depends on what care you need and how much you can afford to pay. Contact your local Adult Social Services team.

5

Lasting Power of Attorney

In certain circumstances, the best option for the person you care for may be to hand over decision making power (LPA). This gives you legal rights to make decisions on behalf of the dependant.

7

End of life

When someone is near the end of their life, you may want to consider and plan how they will be looked after at this time, such as hospice care or more support at home.

9

When your caring role ends

Looking after someone becomes a significant part of your life. Even if caring ends for a happy reason it can be a shock and take time to get used to and deal with the emotions, such as sadness, guilt and emptiness.

**Local Support
for Birmingham**

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