

# Support for Former Carers

## Who are Former Carers?

A former carer is someone whose caring role has changed primarily due to bereavement or who feels that their caring role has substantially reduced because the person they care for has entered full time residential care, no longer needs support or has moved away.

If you still provide some care whilst the person you cared for is in permanent residential care, then you may still be registered with us as a carer. Ask for more details.

## Support we offer

Now that your caring role has ceased or significantly reduced we understand that you will have information and support needs that may continue for some time. That's why we've put together this factsheet to show you the type of help we can still offer.

The table overleaf shows you the services that are available to you as a former carer. These change over time due to the rules that are laid down about how we can spend our funding.

## Former Carers Support Group

Former carers often benefit from the opportunity to talk to others in a similar situation, so we run a support group for them. Following feedback from former carers, we run the group as part of a lunchtime session at venues across East Lancashire.

This group is open to all former carers and meets approximately 8 times per year. Full details of upcoming meetings are listed in your magazine.

## Volunteering with Carers Link Lancashire

Many former carers volunteer for Carers Link Lancashire as a way to support carers who may need some assistance. We are always keen for people to volunteer and have a variety of opportunities which you could take part in, such as:

- Providing assistance to other carers to give them a regular break through the group and individual Sitting in Service
- Helping with admin duties in our office
- Helping us with outreach in the communities. This can include at the local hospitals, cafes and at events
- Fundraising support through helping at events or organising your own fundraising activity
- As a member of the Friends of Carers Link Lancashire group
- Supporting our Young Carers at activities and assisting with administration

A leaflet about volunteering has been included with this factsheet. If you would like more information then please call our Volunteer Co-ordinator on **01254 387444**.

## What the stages mean

### Stage 1

A Carer will be considered a Stage 1 former carer for the first 12 months following the change in their caring role.

### Stage 2

Former carers move on to Stage 2 after this time and stay in this category for another year.

	STAGE 1	STAGE 2
Magazine	✓	✓
Telephone Information	✓	✓
Telephone Support	✓	✓ and signposted to other services
1 -to- 1 Support	✓	✓ and signposted to other services
Home Visits	✓	✗
Group Meetings	✓	✓
Activities	✓	✓ when space allows
Carers Caravan	✓	✗

## Independent Support

A number of former carer have now set up their own support group that meets monthly, which is open to former carers and those who have gone past the 2 years of support we can provide. If you are interested in continuing to meet other, then you can contact them directly for more information on:

- Ann - 01254 694904
- Andrea - 01254 235031

## What happens next

When the time is right for you, we encourage you to take part in the activities and groups but understand that this may take some time.

The Carers Support Workers specifically support former carers so if you have any questions or need further support please do not hesitate to contact them.

### **Carers Link Lancashire**

**Melbourne House  
Eastgate  
ACCRINGTON  
BB5 6PW**

**01254 387444**

**info@carerslink.net**

Registered Charity  
1156275  
Company Limited by  
Guarantee  
08584591

Supported/  
Funded by:

Lancashire  
County  
Council



East Lancashire

NHS

The  
Henry Smith  
Charity  
founded in 1628

part of  
**Carers**  
Lancashire  
Supporting carers locally

Affiliated to  
**CARERS UK**  
the voice of carers