

# Life After Caring

## Information from Carers Bucks

Carers Bucks is an independent charity supporting family carers in Buckinghamshire. We work with a range of agencies and organisations to provide the best possible service to carers. Our funders include Bucks County Council. We work closely with our sister charity Carers Milton Keynes.

### Contact Us

Our offices are open from 9am – 5pm Monday – Thursdays;  
9am – 4.30pm Fridays

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The end of your caring role may take some time to adjust to. Having more time to yourself may give you the opportunity for a much needed rest, but it may also leave you with a lot of time to fill.

Some carers find that once they are no longer caring, exhaustion – both mental and physical – catches up with them and they feel unwell for a while. It is important that you take time for yourself.

Carers Bucks still considers you a carer if the person you care for has moved into residential care – it is just that your caring role has changed. You are still able to access our services – newsletter, advice, support groups and training etc.

If your caring role has ended because the person you care for has died then Carers Bucks is able to support you for up to 6 months. During this time you can access all of our services and we can help and support you. After that time you will be removed from our database and will no longer be eligible for our regular services. However, together with the local Alzheimers' Society we are running former carer groups throughout the county. These take place at:

- \* **The Royal Oak in Farnham Common**
- \* **The Crown in Hazlemere**

Further groups are being planned in north Bucks. Contact the Alzheimers' Society on 01494 670909 for more details.

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## Coping with Grief

Everyone's reaction to losing someone is different. There is no right or wrong way to deal with your grief and you need to do what feels comfortable and helpful for you. As well as coping with the loss of the person you cared for you may also have to deal with the loss of your caring role. You may feel guilty about feeling relief but you may also feel exhausted or alone.

Talking to close family and friends can help, as can talking to others who have been bereaved. Carer Support Workers at Carers Bucks are also available to talk to you over the phone or at the office if you need to.

Other organisations that can help:

- \* Cruse Bereavement Care provides telephone and face to face support for people who have been bereaved. Helpline 0844 477 9400; [www.crusebereavementcare.org](http://www.crusebereavementcare.org)
- \* Bereavement Advice Centre offers advice on all aspects of bereavement from registering the death, finding a funeral director, probate, tax and benefit queries. Helpline 0800 634 9494.
- \* Child Bereavement - a national charity which helps grieving families and the professionals who care for them. Support and Information Line: 01494 446648.

## Volunteering

If you have some spare time you could consider volunteering. As well as offering much needed help to local groups and organisations, volunteering is a good way to meet new people, learn new skills and increase confidence and self-esteem.

Carers Bucks can always use volunteers in a variety of roles and being a former carer means that you could provide some much needed support to other carers.

**Contact your local Carers Bucks office – see *back page* for details.**

To find out about other local volunteering opportunities contact:

- \* Voluntary Impact Bucks on 0845 389 0389; [www.voluntaryimpactbucks.org](http://www.voluntaryimpactbucks.org)
- \* or visit the national volunteering web site Do-it [www.do-it.org.uk](http://www.do-it.org.uk) or telephone 020 7226 8008

## Returning to Work

It's easy to lose your confidence if you have been out of the work environment for some time; you may feel your skills are out of date, or that the lack of a recent work record will not look good on job applications.

As a carer, however, you may have developed new skills and have different ideas about the sort of work you would like to do.

- \* City and Guilds has developed an internet-based course for carers - Learning for Living – which helps carers build on their skills and regain their confidence. Visit [www.learning-for-living.co.uk](http://www.learning-for-living.co.uk) or contact City and Guilds on 0844 543 0000 for details.
- \* Carers Bucks may also be able to help you make the transition back to work or training. We regularly run training sessions aimed at building your confidence and self-esteem. We also run a Return to Work programme (when we have the funding). Contact us to see how we can help – **details on the back page.**

Other useful organisations :

- \* Learndirect 0800 101901 [www.learndirect.co.uk](http://www.learndirect.co.uk)
- \* Bucks Adult Learning on 0845 045 4040; [www.adultlearningbcc.ac.uk](http://www.adultlearningbcc.ac.uk)
- \* Next Step provides free advice on returning to work, re-training, paying for learning and gives practical help with interview techniques and applications. 0800 100 900; <https://nextstep.direct.gov.uk>
- \* DirectGov jobseekers' pages [www.direct.gov.uk](http://www.direct.gov.uk)