



DUNDEE CARERS PARTNERSHIP INFORMATION FACTSHEET No. 8

After the Caring Role has Ended

For some carers, the loss of their caring role and responsibilities can follow positive changes such as the person they care for moving to a new home with new supports, or the supported people's condition becoming more stable or improving.

Unfortunately, for many carers, moving on from the caring role can happen because of other reasons. They may become less able to help due to health issues, the supported person may die, or they may move to 24 hour care in a residential home.

Whatever the reason for a carer having reduced responsibilities, or losing the caring role, there is a likelihood that this change will involve a process of grieving.

Losing the caring role, and bereavement can be difficult to cope with. This fact sheet contains some information and advice that may help.

Practical Support on what to do after death in Scotland

The death of someone close to you can be overwhelming, and you may need practical advice to help you manage. Scottish Government have prepared a practical guide on 'What to do after a death in Scotland'.

This document can be found on the Scottish Government's website:

<http://www.gov.scot/Publications/2016/11/6948>.

Advice and Support

Carers Trust and Carers UK have developed helpful guides which provide advice and support on coping with grief and loss. You can find these guides at the following web sites:

- Carers Trust: <https://carers.org/article/coping-grief>
- Carers UK: <https://www.carersuk.org/help-and-advice/practical-support/when-caring-ends/bereavement>

This Fact Sheet contains information and general advice. It should not be used as a substitute for personalised advice from a professional. We do not accept any liability arising from its use. We strive to ensure that the content is accurate and up to date. Please direct queries or comments about the information to dundeehscp@dundeecity.gov.uk.



Bereavement Counselling

You may find it helpful to receive some one-to-one or group support. Sometimes the service who helped support the person you cared for have some supports that can help you or can identify relevant help for you.

Maggie's Centre (for example) offer one-to-one or group support to people who have been bereaved because the person they cared for has had cancer. <https://www.maggiescentres.org/how-maggies-can-help/help-available/practical-support/bereavement-support/>

Cruse Bereavement Care Scotland (CBCS) is able to provide a number of services for you if you are struggling to cope with the loss. Tel: 0845 600 2227 Website: www.crusescotland.org.uk

Moving on as a carer

Having more time for yourself can give you the opportunity to see old friends again, to take up old hobbies, and to learn something new. You can refresh skills that you didn't use while you were a carer, learn new skills, or make use of new interests or skills that you've gained from being a carer.

Volunteering

You could get involved with a charity or local community project through which you could use skills you've learnt from caring for the supported person.

Training Courses

There are many courses you can take, either to learn something new or to expand your existing knowledge. Courses are also a great way to meet new people. You can find out about local courses from the library or local colleges.

Returning to work after caring

Depending on your life stage work may be something that interests you. Sometimes your caring role has led you to give up a job, reduce your hours or change your career plans, or maybe you've never been able to work. Look for advice at <https://www.jobcentreguide.co.uk/dundee-jobcentre>.

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