

Phase 6 End of caring role Summary and useful information and support

End of caring role

Your caring role ends as a result of decisions made by yourself, the person needing care, or because of that person's death. While the caring role ends, this doesn't represent the end of the impact of caring.

Carer needs

Many former carers need comforting and acknowledgement of their emotions at the end of your caring role – this is particularly intense if the caring relationship has been long.

Some carers may need encouragement to grieve their loss and move on.

For those situations where the person needing care has recovered or no longer wants to continue the care relationship, carers may need support to refocus their life goals.

Young Carer Program www.youngcarersnsw.asn.au
1800 242 636

Older Parent Carer Program
1800 242 636

Telephone Interpreter Service 13 14 50

Major illnesses or conditions

Carer Life Course / Resources www.carerlifecourse.org.au/resources/index.html

Dying and bereavement

The loss of someone by death is emotionally difficult for most people. Information to support the carer and family:

Caresearch website (Patients and families) www.caresearch.com.au

Loss and Grief (Carer support kit available from Carers NSW) on 1800 242 636 or www.carersnsw.asn.au

Talk to someone or call Carer Line to arrange counselling
1800 242 636

Financial

You may be entitled to bereavement allowance and support from Centrelink
Centrelink (social worker) 13 17 94.

For other information and support for your financial situation contact the
Financial Counsellors Association NSW www.fcan.com.au
1300 914 408

Carer Life Course



Living Caring Working (improving quality of life for people with a life threatening illness, their families and communities) www.livingcaringworking.com

Career and employment advice

Coming to terms with being a former carer means refocusing your life goals. You may benefit from information and advice about returning to work or further education and training.

Centrelink www.centrelink.gov.au

13 27 17

Living Caring Working: Improving quality of life for people with a life threatening illness, their families and communities www.livingcaringworking.com

Working Carers Gateway www.workingcarers.org.au

Missing persons

If someone you have been caring for has gone missing you should contact the police and consider counseling

www.missingpersons.gov.au

1800 025 091

Families and Friends of Missing Persons Unit Counselling Service

1800 227 772

Carer tips

Carers at the end of their caring role need to find ways to grieve their loss and focus on taking care of themselves. Most former carers benefit counseling from being able to talk with someone about their emotions, or from grief and loss counseling.

Contact Carer Line 1800 242 636 (Mon-Fri 9am to 5pm)

Loss and Grief (Carer support kit or download fact sheet under Other publications)

www.nscchealth.nsw.gov.au/carersupport/resources

Former Carers fact sheet (download from Information and resources)

www.carersnsw.asn.au

Carer support groups

Information on carer support groups and how to find a support group for your needs can be found at Carers NSW website (Information and resources)

www.carersnsw.asn.au

Advocacy training and opportunities

Carers may want to develop skills in advocacy for improved services and care. Visit the Carers NSW website (Information and resources) to download the Carer Action Pack or contact Carers NSW for information about the Carer Representation Program.

Carer Life Course



Carers NSW www.carersnsw.asn.au
02 9280 4744

Carer education

Former carers may benefit from skills and knowledge about:

- Self care
- Reconnect with community, family and friends
- Coping strategies for end of caring role.
- Grief and loss

Contact Carer Line for information about available carer education courses and programs 1800 242 636.

Carer specific support and advocacy

Some carers may be able to access help with accessing services or other support.

- Carer Support Officer (all carers)
Carer Line 1800 242 636
- Older Parent Carer (carers of an adult child with a disability or chronic condition)
Carer Line 1800 242 636
- Family and Carer Mental Health Program
Carer Line 1800 242 636

NSW Health – Local Health Districts has information about carer support services in your local health district www.health.nsw.gov.au

Share with other carers online

Web forums and online support groups

- MyTime (parents of child with a disability) www.mytime.net.au
- Your Shout (adolescent sibling carers) www.liquidsalt.com.au/yourshout
- Cancer Connections www.cancerconnections.com.au
- Raising Children Network www.raisingchildren.net.au
- Livewire (families) www.livewire.org.au

Children and Young People

Young Carers www.youngcarersnsw.asn.au

Sibling

- Siblings Australia www.siblingsaustralia.org.au
- Young Carers www.youngcarersnsw.asn.au

Spouse or partner

- Relationships Australia (relationship support) www.nsw.relationships.org.au
- Interrelate (relationship and family support) www.interrelate.org.au

Carer Life Course



Parent

Association for Children with a Disability (useful downloads) www.acdnsw.org.au

Carer Life Course / Resources www.carerlifecourse.org.au/resources/index.html