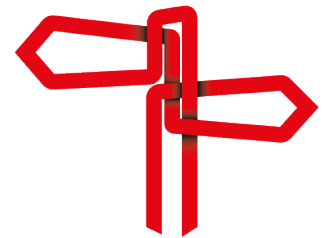


When caring ends or changes



Our circumstances over time will naturally change. Looking after your partner, family member or friend might be a large part of your life, but as their needs become greater or more complex, you may need to look into alternative care options such as a move to a care home. We also explore the effect of losing someone close to you when you have been caring for them.

This resource offers support if you're facing significant change in your life. It outlines the sources of help available and the steps you can take to help you move forward.

Contents

Considering a care home	2
End of life planning.....	6
Bereavement.....	8
Practical matters following a death	10
Benefits	17
Life after caring	18
Useful organisations.....	22

Considering a care home

If the person you look after needs more support and you are unable to provide the support they need, for whatever reason, residential or nursing care might be a helpful and realistic option.

Making the decision

Opting for residential or nursing care for the person you are looking after might seem like a daunting decision to make.

You might have conflicting feelings about this. Many carers feel a mixture of sadness and guilt, while also feeling relief that the person they are looking after will receive a level of care and assistance that is now too difficult to maintain at home. When caring becomes too physically and mentally exhausting to manage, it is a natural step to arrange the best professional care possible rather than struggle on until you reach crisis point.

“I know that feeling of having a huge weight lifted off your shoulders. It’s what I felt when I made the decision that my brother had to be in a care home, and simply could not live independently any longer. I also know the guilt that comes with that decision.”

(Carer – forum user)

Preparing in advance

If possible, talk with the person you are looking after about how they feel about a move into a care home and discuss what is best for both of you. If either of you are finding the thought of a move upsetting or difficult to deal with, it may help to talk it over with a friend, family member, another carer, your GP or social worker.

Care homes should be happy for you to go and visit to look around and should answer any questions you have. Make sure you arrange a visit in advance and check timings rather than calling in unannounced. It’s also useful to consider what questions to ask beforehand.

Inevitably the move will mean your caring role or routine changes or might come to an end, which may feel upsetting or unsettling. You can find information about life after caring later in this factsheet.

But if you're continuing to provide care to the person, there might still be support you can receive through your local Health and Social Care Trust and rights in work you can access if you're employed. You can find your local Health and Social Care Trust here: nidirect.gov.uk/contacts/health-and-social-care-trusts.

Finding the right care home

The local Health and Social Care Trust should be able to provide you with a list of care homes in the area. You can also ask for guidance on the most suitable homes within budget. The Regulation and Quality Improvement Authority (RQIA) is the independent health and social care regulator and has an online directory of registered residential care homes: rqia.org.uk. You can also search for care homes on the Home Care UK directory: homecare.co.uk/homecare/listings.cfm/searchcountry/Northern-Ireland.

Paying for care

The person you are looking after may be able to get help with the cost of their care home fees from their local Health and Social Care Trust depending on their income and capital. Alternatively, the person you are looking after may have to pay the full cost of their care home fees.

Help through the local Health and Social Care Trust

If the reviewer assesses the person as needing care, they may help to cover the cost. To work out whether this is possible, they will firstly look at whether the person you are looking after has capital* over a certain amount.

*Capital includes any savings, investments and property which they own or have a legal entitlement to.

If the person you are looking after does not have capital over a certain amount, the local Health and Social Care Trust will carry out a full financial assessment to see whether they will help with the cost. They must follow statutory guidelines when carrying out financial assessments.

The capital limits

If the person you are looking after has capital over a certain limit, they will need to pay the full cost of their care home fees. Only the capital of the

person you are looking after, plus half of any joint capital, is taken into account. Capital limits can change – for the current rates, see: nidirect.gov.uk/articles/paying-your-residential-care-or-nursing-home-fees#toc-1

If the person you are looking after owns their own home

If the person you are looking after owns their own home, it will usually be counted as capital 12 weeks after they permanently move into residential or nursing care. However, the value of the home will not be counted if certain close relatives are still living there (see below), and have been continually occupying the property as their main home since before the person entered residential care.

The value of the property can be disregarded (indefinitely if circumstances don't change) if it is occupied by:

- a spouse, civil partner, or partner (unless they are estranged)
- a lone parent if they are the person's estranged or divorced partner
- a relative or member of their family who is aged 60 or over
- a child under 18 (in England & Wales) or a child under 16 (in Scotland and Northern Ireland) who the person has a duty to maintain
- a close relative or member of their family who is incapacitated.

There may be other discretionary circumstances where the value of the property would be disregarded.

Paying the full cost themselves

If the person you are looking after is going to pay the full cost of the care fees themselves, it's advisable to check that the fee payable is clear and transparent, and you know what any charges are for and when they are due.

How benefits might be affected

If you or the person you are looking after are receiving any benefits, these might be affected by a move into a care home.

If the person you care for is funding their own care, any disability benefits they're receiving will continue. Your entitlement to Carer's Allowance can continue if you are still caring for them for 35 hours a week or more.

If the residential care home is funded (fully or partially) by the local Health and Social Care Trust, the DLA care component/PIP daily living component /Attendance Allowance will stop being paid to the person you care for once they have lived in the care home for 28 days. The mobility component of DLA and PIP can continue to be paid.

Once the person you care for stops getting the DLA care component/PIP daily living component/Attendance Allowance, your entitlement to Carer's Allowance will also stop (unless you are also caring for another person, and meet the criteria for Carer's Allowance as their carer).

If you are receiving any means-tested benefits, eg Income Support or Pension Credit, you might be getting an additional amount of money included in this means-tested benefit called a Carer Premium or Carer Addition.

If your Carer's Allowance stops, this additional amount can continue to be paid for an extra eight weeks. You will need to contact the benefit agencies and let them know about your change in circumstances. They should then adjust the amount of benefit you get for the eight weeks.

After the eight weeks, the benefits you are able to claim may change. This is because some benefits, such as Income Support, rely on the person you care for getting their qualifying disability benefit.

If you are getting Universal Credit, you might be getting an additional amount of money called a Carer Element. If your Carer's Allowance stops, this additional amount can continue for the rest of your Universal Credit assessment period. At the end of this time, it will stop and you may need to discuss a new Claimant Commitment with your work coach.

If the person you care for is your partner or spouse, you will no longer be assessed as a couple for means-tested benefits. You will be assessed as a single person. We know that it can be difficult to understand these changes – you can contact our helpline at advice@carersuk.org for more guidance.

End of life planning

When someone is nearing the end of their life, they may want to consider and plan how they will be looked after at this time. They may need your help with this. You can find out more about end of life care on thepalliativehub.com. This may include advance care planning or thinking about moving into a hospice.

Advance care planning

If the person you are looking after is nearing the end of their life and the expectation is that they may eventually lose capacity to make decisions about their care, they should be offered advance care planning. This means they can record their wishes around the end of life care they will receive.

This is a voluntary process and the advance care plan (sometimes called a statement of wishes) can be used to record care and treatment wishes. It should be attached to the medical notes and should also be easily accessible to those who are involved in looking after the person.

The advance care plan can include:

- where they want to be cared for when they are dying
- where they want to die
- who they want to be with them
- values such as religious beliefs
- routines that are important to them
- anything that helps them feel safe and comfortable.

Through this planning, the person you are looking after can also make an Advance Decision about the treatment they wish or do not wish to receive.

▶▶ **Note:** The charity Compassion in Dying offers detailed information on advance planning: compassionindying.org.uk

They may wish to appoint you (or someone else close to them) to make decisions about their health and finances in the future in case they are unable to. You can find out more about different power of attorney options on our website: carersuk.org/help-and-advice/practical-support/different-ways-of-managing-someones-affairs/.

If none of the above measures are in place, decisions about care and treatment for the person you are looking after will be made in their 'best interests' by medical and/or social care professionals. Family and carers should be involved in this process.

If the person you are looking after is nearing the end of their life, it may be recommended that they move to a hospice. They may move into a hospice from their home or from a care home or hospital. The end of life palliative care that people receive at a hospice is for those whose illness may no longer be curable, but for whom a hospital stay is not necessary.

A hospice can offer a wide range of supportive care that focuses not just on medical needs but on emotional wellbeing and support as well, both for the person being looked after, and for family members and carers.

End of life palliative care services include:

- skilled medical and nursing care, including pain and symptom control
- counselling
- complementary therapies
- practical advice
- spiritual/religious support
- creative activities
- physiotherapy
- bereavement support.

There are normally no set visiting times for family members and friends. This means that you can be with the person as often as you wish, and the hospice will aim to provide a welcoming, informal, warm and supportive

environment. People are usually referred to a hospice by their GP, hospital doctor or nurse.

Time spent at a hospice and the services they provide are given free of charge. If the person you are looking after moves to a hospice, their Disability Living Allowance (DLA), Personal Independence Payment (PIP) or Attendance Allowance can continue to be paid in full. This is as long as the Disability and Carers Service are informed in writing that the person you are looking after is terminally ill. If you receive Carer's Allowance, this should also continue to be paid if you still meet all of the eligibility conditions.

Bereavement

Losing someone close to you can be devastating. If you have been caring for that person, the loss can seem even greater. How you cope with the death of the person you cared for is a very personal thing. There is no right or wrong way to feel following a death.

Immediately after a death, there are a lot of practical things to do, like registering the death and arranging the funeral, and family and friends may be around a lot more. You may find that you only really start to grieve when all the practicalities are dealt with, and the people around you get back to their everyday lives.

How grief might affect you

Everyone's reaction to losing someone is different. There is no right or wrong way to deal with your own grief. Many people find that it is beneficial to listen to their own feelings rather than what other people think is best.

There are no time limits on grief, and no set pattern of emotions and behaviours that everybody follows. Grief does not always happen straight away.

As well as coping with the loss of the person you cared for, you may also be coming to terms with the loss of your caring role. You might feel guilty about feeling relief, and you might also feel exhausted and alone.

"I have been caring for my wife for the past eight years. She passed away a few weeks ago, and I am feeling so bereft. Not only is it the acute sadness of losing the woman I love, whom I had been married to for 45 years, but I

am no longer needed for the caring role that I had spent 24 hours a day thinking about.”

(Anon – forum user)

“I think we can all relate to how hard it is losing someone, but when you’ve also been that person’s carer it’s a double whammy. Your whole identity is changed in an instant.”

(Anon – forum user)

The loss of the person you cared for may mean that the relationships you built up with the professionals involved in their care come to an end. Carers also often talk about losing contact with friends and family because of the demands of their caring role and picking up old social contacts or meeting new people may be the last thing you feel like doing when you have just lost someone.

The best help and support often comes from the people you know best – and who know you best. You may find that some people seem awkward around you, often because they want to do and say the ‘right thing’ but are not sure what that is. If you feel able to, tell the people around you what you need from them and how they can help. Close family and friends may also be able to help you do this.

Talking about what has happened, and about the person who died, can help you to come to terms with their death, and cope with the feelings you have. Friends and relatives who can share your experience of loss as well as memories can be a great source of support. Talking to other people who have been bereaved, and who have a better understanding of what you are going through, can also help.

There are organisations, such as [Cruse Bereavement Care](#), that run groups for people who are grieving. Your GP can put you in touch with a local bereavement counsellor if you’d like more formal one-to-one counselling. A hospice may also provide bereavement support for the families of people who have used their services.

Practical matters following a death

Thinking about what we need to do in the short and long term can be helpful. Here is some information on questions and practical matters that arise when a person dies. There is some useful guidance about the practical steps that need to be taken after a death on the Department for Health bereavement support website: <https://bereaved.hscni.net/>

▶▶ **Note:** You can find a useful checklist about what to do at: nidirect.gov.uk/articles/who-tell-about-death

Medical death certificate

When you have the medical death certificate, you need to take this to the local registrar's office to register the death. The hospital, hospice or GP will issue the medical certificate for the cause of death with a form called 'Notice to informant', which explains how to register the death.

A post-mortem

A post-mortem is a medical examination of the body of the deceased. Post-mortems are usually carried out when there is uncertainty about the cause of death. The doctor who certifies the death has a legal responsibility to inform the coroner if a post-mortem is needed.

Post-mortems can be requested by the coroner (an independent official who enquires into unnatural death, for example, sudden, unexpected or those related to procedures or operations) or by the hospital or close relatives.

Permission of the close relatives of the person who has died must be sought if the hospital wants a post-mortem to be carried out, but permission is not needed if the post-mortem is requested by the coroner.

Post-mortems usually take place within a couple of days of the death and the body is released on the day of the post-mortem, so any plans for the funeral should not be affected.

Following the post-mortem, reports are sent to the GP/consultant of the deceased person and the coroner (if applicable). Relatives can also

request a copy.

Organ donation

It may have been someone's wish to donate their organs for transplant or medical research and, if you are aware that is the case, you need to inform the healthcare professionals involved in their care as soon as you can after the death.

Other practical issues you may need to consider

The following would be useful to arrange as soon as you can manage it:

- **Register the death** – there is guidance on the government website nirect.gov.uk/articles/registering-death-district-registrar.
- **Contact Bereavement Services**. They can act as a single point of contact to report a death to the Department for Communities. They can also advise on whether you or relatives may be entitled to any benefits: nirect.gov.uk/contacts/bereavement-service.
- **Contact the local tax office** to inform them of the death.
- **Contact any relevant companies**, such as insurance and pension providers, banks and building societies.
- **Contact the executors of the Will** if there is one or, if there is no Will, decide who will apply for letters of administration.
- **Check if the person you cared for had any NHS equipment** on loan, eg, a wheelchair or medical equipment. You will need to arrange for this to be returned – the person's GP or local health trust will be able to tell you how to do this.
- **Bereaved NI has a useful list** of professionals and organisations you might want to update. They also have a template letter which you can download:
<https://bereaved.hscni.net/practical-support-after-death/what-to-do-when-someone-dies/#MeetingFuneralCosts>

Where do I register the death?

Deaths are registered at the local registry office. You do not have to register the death yourself. Another relative may be able to register the death as long as they take all the necessary documents – including the medical death certificate.

Many registry offices now only see people by appointment, so it is a good idea to phone the office first. You can find details of your local registry office through this link: nidirect.gov.uk/contacts/district-registrars-northern-ireland

What documents do I need to take with me?

When you register the death, the registrar will need:

- the medical certificate showing cause of death
- the deceased's NHS medical card (if possible).

You will also need to tell the registrar:

- the date and place the deceased was born and the date and place they died
- their full name (including any maiden name)
- their occupation and the name and occupation of their spouse or civil partner
- their usual address
- whether or not the deceased received a pension or any state benefits.

▶▶ **Note:** For more information on registering a death, visit: nidirect.gov.uk/articles/registering-death-district-registrar

What do I need to get from the registrar?

The registrar will give you:

- the certificate for burial or cremation (you will normally need to give this to the funeral director)
- a death certificate – a small fee will be charged – it is advisable to have a few extra copies for dealing with the will and other tasks
- a certificate of registration of death issued for social security benefits.

Arranging the funeral

The funeral could be a very important stage in helping you, family members and friends to come to terms with your loss.

It is an event where the person's life can be thought of, valued, and celebrated. It is a time to think of the person who lived, and not just the difficulties of the last few weeks, months or years spent caring for them.

When the funeral takes place may depend on factors such as religious or cultural requirements. Aside from that, the funeral or cremation does not have to happen immediately, unless you would prefer it to. It is important to know that you will not be able to finalise the date until the death has been registered.

When planning the funeral, you should find out whether the person who has died left any instructions about their funeral in a will or other written document. You can usually choose between burial, cremation or alternative burials and if you wish, a professional funeral director can help you make the arrangements.

Paying for the funeral

Funeral costs can be quite high, so it is worth obtaining quotes from more than one funeral director if you are using one. Make sure that everything has been included (church or other venue for the service, burial or cremation fees, cars for the mourners, flowers etc). You can ask for written quotations.

If you arrange the funeral, you will be the person responsible for ensuring the fees are paid, so it is sensible to check in advance if the person who has died had money available to cover the funeral costs.

You could check their paperwork to find out:

- whether they took out a prepayment funeral plan
- whether they had a pension scheme or insurance plan which included a lump sum for funeral costs
- whether they belonged to a union or professional association that pays benefits when a member dies.
- whether a lump sum could be released from a national savings account (bank or building society accounts may be frozen until probate* is granted but some banks or building societies may agree to release funds). Probate is the legal right to deal with someone's property, money and possessions (estate) when they die.

Alternatively, you or the executor (the person responsible for sorting out the estate of the person who has died) may be able to pay the costs of the funeral yourself and then recover those costs from the estate.

Help with funeral costs if you're on a low income

If there are no other means of paying for a funeral, you may be able to claim a Social Fund Funeral Payment from the Social Security Agency. This would be based on your circumstances (rather than those of the person who has died) and you may be eligible if you, or your partner, have been receiving at least one of the following benefits:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- Pension Credit
- Housing Benefit
- Child Tax Credit (which includes an amount higher than the family element)
- Working Tax Credit (including a disabled worker element or a severe disability element)

- Universal Credit.

Claiming a Social Fund Funeral Payment

You can claim the funeral payment any time between the date of the death and up to six months after the date of the funeral. The Social Security Agency must accept that it is reasonable for you to be responsible for the funeral expenses. There are specific rules about this so it's a good idea to seek advice. You could speak to the Bereavement Service by calling their helpline number: 0800 085 2463.

The payment covers the cost of specified necessary items and services (eg burial fees) and other funeral expenses up to a total limit of £1,000 for other funeral expenses. Be aware, though, that the payment will not necessarily cover all the costs of the funeral, so there may be an outstanding amount that you have to pay. For more information, see:

nidirect.gov.uk/articles/funeral-expenses-payments.

The Child Funeral Fund provides a one-off lump sum payment to cover funeral expenses after the death of a child under the age of 18, or stillborn after the 24th week of pregnancy. For more information about eligibility and how to apply, you can visit: nidirect.gov.uk/articles/child-funeral-fund.

Wills and probate

When someone dies, everything they own (their money, property and possessions) is called their estate. If the person who has died has left a will, this will indicate how they wanted their estate to be divided after their death.

It will also usually name executors (the people they want to deal with the will).

The estate cannot be used to pay bills or debts, or be divided up for gifts and inheritance until either of the following takes place:

- the will has been granted probate – this is a formality confirming that a will is legally in order
- a grant of letters of administration has been given – this is a formality allowing the personal representative to deal with the estate

when there is no will.

This means that any bank accounts in the name of the person who has died will be frozen until the formalities have been completed. Bank accounts in joint names can be used by the other account holder.

If you had power of attorney for the person you cared for, because they were no longer able to deal with their own money and affairs, the power of attorney stops being in force as soon as the person dies. You will no longer be able to continue to use their bank account or carry out any business on their behalf.

▶▶ **Note:** For further information about power of attorney, visit: carersuk.org/help-and-advice/practical-support/different-ways-of-managing-someones-affairs/managing-someone-s-affairs-northern-ireland/

If you have a 'controllership' in place for someone, this ends when the person dies. There are still certain things that need to be done at this stage though. You will need to notify the court that the person has died, giving the date of death, as soon as possible; you will then be told by letter what else needs to be done.

▶▶ **Note:** Find out more about a controllership by visiting: www.alzheimers.org.uk/get-support/legal-financial/controllership-northern-ireland

If the person you cared for has an estate worth more than £325,000 (2024-25), Inheritance Tax will have to be paid on any amount above that. However, Inheritance Tax does not have to be paid if the estate goes to the deceased's spouse or civil partner (no matter how much they inherit).

Benefits

The death of the person you cared for may have an effect on your own financial situation and so it is important to find out which benefits you can claim or no longer claim. Contact The Bereavement Service to get their help in updating all the benefit offices you need to:

nidirect.gov.uk/articles/bereavement-service-reporting-death

Carer's Allowance and carer premium/carers addition

If you were receiving Carer's Allowance when the person you cared for died, this will usually continue for eight weeks from the Sunday following their death.

If you are 65 or over and were entitled to Invalid Care Allowance on the 27 October 2002 (as Carer's Allowance was then called), you will be entitled to Carer's Allowance indefinitely after the person you looked after has died.

If you are receiving a carer premium as part of your Income Support, income-related Employment and Support Allowance, income-based Jobseeker's Allowance, Pension Credit, Housing Benefit or Council Tax Reduction, this can continue for eight weeks following the death.

If you are receiving the carer element if claiming Universal Credit, this can continue for the rest of your Universal Credit assessment period in which the death occurred, and for the next two assessment periods. At the end of this time, it will stop and you may need to discuss a new claimant commitment with your work coach.

Everyone's circumstances will be different and now that things have changed, it's a good idea to get some guidance about what benefits you are entitled to.

If you need to make a new claim, are below State Pension age and are on a low income, you may be able to claim [Universal Credit](#). If you have reached State Pension age, you may be entitled to [Pension Credit](#).

Help with housing costs can be included in your Universal Credit award and if you're claiming Pension Credit, you can claim Housing Benefit to help with the rent.

Contact Make the Call to talk through what help is available and for support with claims. The free phone number is 0800 232 1271 or you can email

makethecall@dfcni.gov.uk. You can also email our Carers UK advice team at advice@carersuk.org.

▶▶ **Note:** For further information about what financial support you might be entitled to, visit: carersuk.org/benefits

Bereavement Support Payment

If it was your spouse or civil partner who died, you may be able to receive a Bereavement Support Payment. There are two rates of Bereavement Support Payment, depending on your circumstances. For more information, visit: nidirect.gov.uk/contacts/bereavement-service.

Housing

Your housing situation may change when your caring role changes or comes to an end.

If the property is a rented property, the right to inherit a tenancy when the tenant dies is known as succession. Succession rights depend on your relationship with the tenant and the type of tenancy they had.

If the property is mortgaged, what will happen will depend on whether anyone else is also on the mortgage, what type of mortgage it is, and whether there is any mortgage protection insurance in place.

▶▶ **Note:** For specialist housing advice, visit: housingrights.org.uk

Life after caring

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 can also leave you feeling that you have a lot of time to fill.

If you are used to always having things to do, it can be hard to stop and think about what you would like to do now.

Some people find that once they are no longer caring, exhaustion – both physical and emotional – catches up with them and they may feel unwell for a while.

Some practical matters, such as making sure you are claiming the right benefits for your situation now you are no longer caring, and dealing with any changes to your housing situation (if there are any), have to be dealt with fairly quickly. However, you do not need to rush into making decisions about other aspects of your life. The following suggestions may be helpful for you if and when you feel the time is right.

Taking time for yourself

Resting and letting yourself have a break now your caring role has ended, is just as important as taking on a new endeavour.

You could take some time for yourself just to do things you enjoy, such as reading, going for a walk, or seeing family or friends.

“Yesterday, Dad died. I know life will be hectic for the next few weeks. So, today, I did something I’ve never done before. I have sat in my garden all day and done absolutely nothing. I didn’t read or listen to music; I just sat and reflected.”

(Anon – forum user)

Connect with other former carers

You may feel isolated after many years of caring, and you might want to see if there is any support you can get from others in a similar position. You could find out what support your local carers’ organisation or local carers’ group offers to former carers. Another way of doing this is joining Carers UK and seeking advice from other former carers who may have experienced similar feelings and challenges on our forum ‘Carers Connect’: carersuk.org/get-involved/join-us/our-forum/.

Learn something new

You may feel that you would like to refresh skills that you have not used for a while, return to hobbies or interests that you put aside, or learn something completely new.

You may have also gained new skills or interests from your caring role that you want to pursue.

You could contact your local library or regional college to find out about courses or training in your area. Many local and community colleges offer evening and part-time courses on a broad range of subjects, from courses to help you retrain for employment to those purely for interest and enjoyment. Taking a course can also be a great way to meet new people.

▶▶ **Note:** Our website might be a good starting point for ideas:
carersuk.org/help-and-advice/work-and-career/boosting-your-skills/

Volunteering

If you have some spare time, and feel you are ready to take on something new, you may be interested in volunteering.

As well as offering much needed help to local people or organisations, volunteering can be a very social activity, and can be a good way to meet new people.

Volunteering opportunities can range from befriending older or disabled people, offering your skills to a local charity (for example, administration, fundraising, legal advice etc.), to helping out on a local conservation project.

Many former carers volunteer with us. The volunteering opportunities range from events volunteers, local awareness volunteers, insight volunteers and listening support volunteers.

▶▶ **Note:** Read more about these opportunities on our website:
carersuk.org/volunteer/

You can find your local volunteering centre by contacting Volunteer Now: volunteernow.co.uk/. The website doit.life/ offers many volunteer opportunities and is searchable by subject as well as postcode. Some

people also find volunteering a good stepping stone if they want to begin or return to work.

Starting (or returning to) paid employment

If you have some spare time, and feel you are ready to take on something new, you may be interested in starting, or returning to, paid employment.

If you are not sure what you would like to do and where to begin, start by recognising the skills and interests you have. Think about the skills you have gained from:

- your role as a carer
- any paid work that you have done
- any volunteering work that you have done.

Think about the interests you have:

- what you enjoy doing
- how you would like to use your skills
- things you miss doing that you once did, eg from previous work, hobbies or volunteering.

You could have a look on some career websites to try and identify the sort of job that might match your skills, experience and interests.

The Careers Service offers information and support to help:

nidirect.gov.uk/articles/how-careers-service-can-help-you.

Helping to improve support for carers

Many former carers go on to become great campaigners. Knowing what it is like to be at the sharp end of caring, you can contribute immensely valuable insights and knowledge.

You can sign up to our newsletters and become a campaigner for carers by joining Carers UK: carersuk.org/get-involved/join-us/. Or you could contact your local Health and Social Care Trust to see if they have any

opportunities for you to be involved in the planning and development of services for carers in your area. You can contact your local carer coordinator for further information. The contact details are at the back of this resource.

Useful organisations

Caring can present all kinds of challenges, from dealing with exhaustion to filling in complex forms. We're here for you with advice, information and support every step of the way. For further guidance, contact Carers UK by email or call 0808 808 7777 (Monday-Friday, 9am-6pm). Please mention where you are based so that our guidance can be tailored for you.

t: 0808 808 7777 | e: advice@carersuk.org
w: carersuk.org/northernireland

Advice NI

Money and debt advice service for anyone struggling with their finances.

t: 0808 802 0020 (welfare changes) / 0800 988 2377 (tax and benefits)
w: adviceni.net/

Age NI

Information and advice for older people in Northern Ireland.

t: 0808 808 7575
w: ageuk.org.uk/northern-ireland/

Careers Service

Impartial, all-age careers information, advice and guidance service.

t: 0300 200820
w: nidirect.gov.uk/campaigns/careers

CRUSE

Support, advice and information for children, young people and adults when someone dies.

t: 0808 808 1677
w: nidirect.gov.uk/contacts/cruse-bereavement-support

Helplines Network

Membership-led organisation consisting of over 30 different helplines operating across Northern Ireland.

w: helplinesni.com/

Housing Rights

Housing Rights Service information and advice on housing issues.

t: 028 9024 5640

w: housingrights.org.uk/

Lifeline

Crisis helpline service for people who are experiencing distress or despair.

t: 0808 808 8000

w: lifelinehelpline.info/

NI Libraries

Information on the services and resources available through your library.

w: librariesni.org.uk/

Regulation Quality and Improvement Authority

The independent body responsible for monitoring and inspecting the health and social care services in Northern Ireland.

t: 028 9536 1111

w: rqia.org.uk/

Volunteer Now

Works to promote, develop and support volunteering across Northern Ireland

t: 028 9023 2020

w: volunteernow.co.uk



This factsheet is designed to provide helpful information and advice. It is not an authoritative statement of the law. We work to ensure that our factsheets are accurate and up to date, but information about benefits and community care is subject to change over time. We would recommend contacting the Carers UK Helpline or visiting our website for the latest information.

To give us your feedback on this factsheet, please email your comments to info@carersuk.org
This factsheet was updated in September 2024. Next review due August 2025.

Carers NI

028 90 439843

info@carersni.org

Carers UK

20 Great Dover Street

London SE1 4LX

020 7378 4999

info@carersuk.org

Carers UK Helpline

For information and guidance about caring.

0808 808 7777

(Monday – Friday 9am-6pm)

advice@carersuk.org

(Please note which nation you're from so that our advisers can tailor their guidance for you.)

However caring affects you, we're here

Caring will affect us all at some point in our lives.

We're the UK's leading national membership charity for carers.

Join us for free at

carersuk.org/join

We're both a support network and a movement for change.

Visit our website to join us or find more information and resources:

carersuk.org/ni/help-and-advice

This information can be requested in large print or as a text file.