



# Thinking about the future

**Top  
Tips**  
for Carers

## Tips to help carers to plan ahead

**It's important to think about the future and a time when things may change, or you might be less able or unable to care.**

You are a carer if you give unpaid care to someone who would not be able to cope otherwise, even if the person you care for is a close relative or friend and even if they do not receive support from health or social care. As an unpaid carer you probably spend lots of time making sure that the person you care for gets the support they need. Remember you need to look after yourself too.



**Hertfordshire**

# Tips to help carers to plan ahead

## What might change to make it difficult to continue caring?

- Your own commitments
- Your age and your physical and mental health
- If there is a big change in the condition of the person you care for, could you cope?
- Could a combination of these issues mean you will be less able or unable to continue caring?

## How to start planning for the future

Talk to the person you care for and other family members about the future. Could another member of the family, a partner or a friend take on all or part of the caring role? Organisations which provide support such as Carers in Hertfordshire can sometimes help with these conversations. There's a handy checklist in this leaflet which may help with these discussions.

Be prepared to say what you can realistically manage to do without affecting your wellbeing. Practical support is important, but you must also look after your own wellbeing. Make sure you receive enough emotional support.

## Legal issues

Think about practicalities such as wills, and power of attorney or deputyship, it is important to do this while people have mental capacity. Organisations which provide support may be able to advise on how to put these in place and some including Age UK Herts can help you set one up for a small charge. Adult Care Services have a finance factsheet to help called Advice for Carers, see [www.hertfordshire.gov.uk/factsheets](http://www.hertfordshire.gov.uk/factsheets)

## Support for carers

Carers can have a Carer's Assessment which is a time to focus on your own needs. If you wish you can have a friend or family member with you or have someone independent to translate for you or support you (an advocate). If you have communication requirements, need help to understand information or need it in a different format or language, we will arrange those. When things change you can ask for a Carer's Reassessment. [www.hertfordshire.gov.uk/adults](http://www.hertfordshire.gov.uk/adults)  
Telephone: **0300 123 4042**

If the person you care for wants to, they can have their own assessment or update their support plan and goals at the same time.

Ask your GP to record that you are a carer in your notes and ask about carer's support and NHS Health Checks  
[www.nhs.uk/conditions/nhs-health-check/](http://www.nhs.uk/conditions/nhs-health-check/)

## Thinking about the future checklist

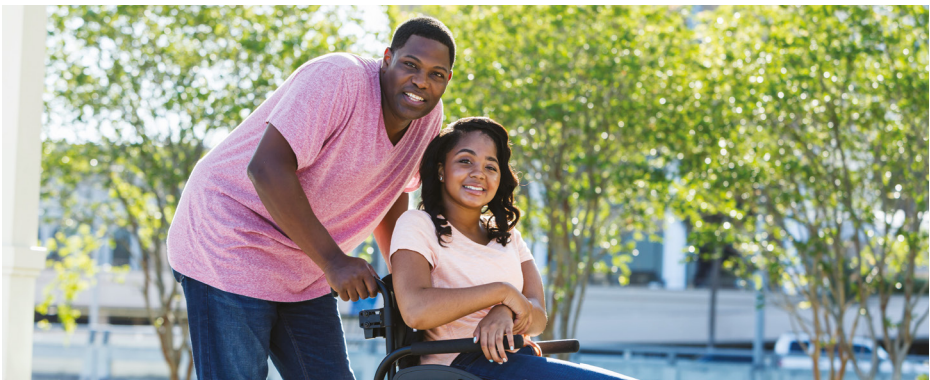
This checklist may be a useful prompt to record your plans as you start to think about the future, or when preparing for a discussion with a health or social care worker, or family and friends and the person you care for.



	Things to think about	What about the future?	Things I can do
Medical	<b>Appointments</b> Medical, dental Activities and groups	Text, email or phone alerts Transport or home visits	Ask each service about support Apply for a blue badge
	<b>Medications</b> Collecting and taking medicine	Medicine deliveries Pill dispensers	Talk to your pharmacist
	<b>Health checks</b> Blood pressure, BMI, foot care, hearing and eye tests reminders	Surgeries can record that you are the carer on your notes and those of the person you care for, so you are informed	Speak to the clinical team, GP or practice nurse and ask to be notified
At home	<b>Where they live</b> Where does the person you care for want to live? How suitable is it for the future? Can it be adapted and made safe?	Options: Supported housing Residential care Flexicare housing Sheltered housing Aids, adaptations, pendant alarms or assistive technology	Discuss living arrangement with the person you care for If appropriate talk to a social worker or support worker
	<b>Washing and Dressing</b> Will more help be needed in future?	Aids and adaptations Home care Occupational Therapy	Get advice from Adult Care Services or AgeUK
	<b>Cooking meals</b> Is help with this needed now or in future?	Community Meals or lunch clubs Meals delivery Occupational Therapy Adaptations and aids	Discuss food options with the person you care for Contact HertsHelp for options Talk to a social worker

	<b>Things to think about</b>	<b>What about the future?</b>	<b>Things I can do</b>
<b>At home</b>	<b>Keeping the home tidy and clean and washing clothes</b> Is help with this needed now or in future?	Can family or friends help? Employing a cleaner or housekeeper How would this be paid?	Discuss with the person you care for what they would like to happen Talk to family and friends about sharing the tasks Talk to a social worker
	<b>Home maintenance</b> Safety Maintaining the home Home insurance	Make a list of emergency contacts for things like boiler breakdowns Speak to the housing provider	Book a free Home safe and well visit Call 01707 292344 Find reliable workers at <a href="http://www.Trustedtraders.which.co.uk">www.Trustedtraders.which.co.uk</a> or via HertsHelp
	<b>Reading letters and filling in forms</b> Will help be needed in future?	Is there a relative or friend to help? Advocacy services Power of Attorney	Discuss these issues with the person you care for Find independent advice via HertsHelp
<b>Money</b>	<b>Day-to-day budgeting</b> Benefits, bank accounts and credit in future	Assist with benefits as an Appointee or Agent Consider Power of Attorney	Discuss options with the person you care for and a social worker or support worker or talk to Citizens Advice
	<b>Paying bills</b> By post or online?	Direct Debits or standing orders Consider water meters/smart meters Could you submit meter readings and make payments?	Speak to utility companies about options Consider becoming a joint account holder Join the vulnerable customer list

	Things to think about	What about the future?	Things I can do
Social	<b>Keeping busy and active</b> What is enjoyed now or could be enjoyed in future?	Where could you get activities information? How will this continue?	Who can help? Try HertsHelp or the Hertfordshire Directory
	<b>Meeting friends or going to groups</b> What are the transport options? Can they go alone?	A blue badge may help you or a friend to give lifts Could a volunteer befriending service help?	Discuss with the person you care for what they would like to do Try HertsHelp or the Hertfordshire Directory Explore transport options if needed
Getting Out	<b>Transport</b> Is driving a long term option? Maintaining the car	Other options: <ul style="list-style-type: none"> <li>• bus pass</li> <li>• taxi service</li> <li>• lifts from a friend, relative or volunteer</li> </ul>	Look up 'transport options' on <a href="http://www.hertfordshire.gov.uk">www.hertfordshire.gov.uk</a> Or call HertsHelp 0300 123 4044 <a href="http://www.Trustedtraders.which.co.uk">www.Trustedtraders.which.co.uk</a> for car repair



## Contacts for specific services

### Crossroads Care North Herts

Carer's breaks  
01462 455578  
info@crossroadshn.org.uk

### Alzheimer's Society

0333 150 3456  
www.alzheimers.org.uk

### Dementia UK

0800 888 6678  
helpline@dementiauk.org

### Turning Point

HCSSinfo@turning-point.co.uk  
Free 18 hours breaks for all carers 01438 211185  
Support for carers of people with mental health problems 01438 724995

### Guideposts

Mental health charity for carers of people with mental health diagnosis, autism, dementia and learning difficulties  
01923 223554  
www.guideposts.org.uk/  
hertfordshire-services  
info@guideposts.org.uk

### Headway

For carers of people with head or brain injuries  
0300 330 1455  
www.headwayherts.org.uk  
enquiries@headway-herts.org.uk

### Citizens Advice

0800 144 8848  
www.citizensadvice.org.uk

### Blue Badge

Disability Parking Permits  
www.gov.uk/apply-blue-badge  
0300 123 4042

### Age UK Herts

0300 345 3446  
www.ageuk.org.uk/hertfordshire  
info@ageukherts.org.uk

### Age UK Dacorum

01442 259049  
www.ageuk.org.uk/dacorum  
adminofficer@ageukdacorum.org.uk

### Independent Age

Future planning advice & leaflets  
0800 319 6789  
www.independentage.org

## Contact us

Information about adult social care – find out about care services, day centres and apply online for meals on wheels or a Blue Badge. You can also comment, compliment and complain.

[www.hertfordshire.gov.uk/adults](http://www.hertfordshire.gov.uk/adults)

## Hertfordshire Directory

Find national and local community groups, charities, services and activities

[www.hertfordshire.gov.uk/directory](http://www.hertfordshire.gov.uk/directory)

## Call us

For information on how to get care and support contact:

Email:  
[contact@hertfordshire.gov.uk](mailto:contact@hertfordshire.gov.uk)

Telephone:  
**0300 123 4042**

Textphone:  
**01992 555506**

[www.hertfordshire.gov.uk/contactus](http://www.hertfordshire.gov.uk/contactus)



**British Sign Language (BSL)**  
**remote video interpreting service available** via a link on our website.

## HertsHelp

Independent information and advice on local community services and care funding.

Telephone:  
**0300 123 4044**

Textphone:  
**0300 456 2364**

[www.hertshelp.net](http://www.hertshelp.net)

## Carers in Hertfordshire

Email:  
[contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

Telephone:  
**01992 58 69 59**

[www.carersinherts.org.uk](http://www.carersinherts.org.uk)

## Drop in

To your local library – see [www.hertfordshire.gov.uk/libraries](http://www.hertfordshire.gov.uk/libraries)

**If you are worried that you or someone you know is at risk of abuse or neglect Call us on 0300 123 4042 (24 hours a day)**

Call **0300 123 4042** if you would like help to understand this information or need it in a different format or language. You can also ask to speak to someone in your own language.

Calls to 0300 cost no more than a national rate call to a 01 or 02 number.