

# Top Tips for Carers

## Thinking about the future

If you're an unpaid carer you may spend a lot of time making sure that the person you care for gets the support they need, as well as – where you can – supporting yourself through the day-to-day challenges of being a carer. But, it is also important to think about the future and a time when you might be less able or unable to care.

## Questions you could ask yourself

- What might change in the next few years which might mean I'd be less able to care?
- Will I be okay health-wise (both physical and mental health) to continue to care?
- Will my age mean I will be less able to care?
- Will the condition of the person I care for change to the extent that I will not be able to provide the same level or any care at all?
- Will a combination of these mean I will be less able or unable to continue caring?

## Plan for the future

- Talk to other family members about the future.
  - Organisations which provide support may be able to help facilitate these conversations.
- Is another member of the family, a partner or a friend, likely or able to take on the caring role?
- Are you receiving enough emotional support? Practical support is important but it is also key that you look after your wellbeing when planning for the future.
- Have you thought about the practicalities such as wills, and power of attorney?
  - Organisations which provide support may be able to advise on how to put these in place.
- Ask for an assessment or reassessment of your needs. This could also include an assessment or reassessment of the person you care for in case this changes their support plan and goals.
- Ask your GP about the NHS Health Check ([www.nhs.uk/conditions/nhs-health-check/](http://www.nhs.uk/conditions/nhs-health-check/)) and read about the Mid Life MOT at [www.nhs.uk/conditions/nhs-health-check](http://www.nhs.uk/conditions/nhs-health-check).

## Contact services which can help you

- Your local carer support organisation will be able to support you in your role as a carer. Search with Carers Trust at [Carers.org](http://Carers.org) or Carers UK at [Carersuk.org](http://Carersuk.org).
- There are organisations that specialise in supporting people and carers from a diverse range of backgrounds or for specific conditions or disabilities.
- Your **local council** should have the name and contact details of support organisations in your area. You can find them here: <https://www.gov.uk/find-local-council>.

## About Carers Trust

Carers Trust is a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

We do this with a UK wide network of quality assured independent partners and through the provision of grants to help carers get the extra help they need to live their own lives. With these locally based Network Partners we are able to support carers in their homes through the provision of replacement care, and in the community with information, advice, emotional support, hands on practical help and access to much needed breaks. We offer specialist services for carers of people of all ages and conditions and a range of individually tailored support and group activities.

Our vision is that unpaid carers count and can access the help they need to live their lives.

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