

When Caring Comes to an End

For some people, caring may last a short time. For others, it can be a lifelong role.

Caring can come to an end for a number of reasons: the person being cared for gets better and becomes more independent, can no longer be cared for at home and needs to move into a residential or nursing home or for some carers it may be because the person they have been caring for has died.

The end of your caring responsibilities can be a very difficult and distressing time. It can come as a shock to realise how much of your life you have put into your caring role.

Whatever your situation, it is important to realise that you are not alone, help and support is available. **At VAS we have a policy of support for up to 2 years after a caring role finishes** so that your support network can continue. We will then help you look at what your next step might be when you feel ready. (you can see our full policy on www.shetlandcarers.org)

Voluntary Action Shetland Carers Centre
Market House, 14 Market Street, Lerwick, Shetland, ZE1 0JP



Arrange a chat with our Carer Support Worker.

Call 01595 743923 or email carers@shetland.org

Visit our Virtual Carers website at www.shetlandcarers.org

Neither employees of VAS nor VAS itself will have any liability for information provided in good faith and will not be liable for any loss resulting from the use of the information.

Voluntary Action Shetland Carer Support Service



If you look after someone, who looks after you?



Do you help look after someone? If so we are here to help you access support, information and advice.

Carers are often “hidden” looking after a family member or helping a friend or neighbour with day to day tasks and may not see themselves as a Carer.

Are you looking after someone?

Caring for someone can happen very suddenly, sometimes overnight or you may find yourself doing more and more over many months or years. Looking after someone can affect your physical and emotional wellbeing and impact on you financially and socially. A carer is generally defined as a person of any age who provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the carer’s help.

Carers often face multiple daily tasks attached to the helping role they have taken on and it can change their entire lifestyle and place an enormous strain on them. However, many carers also say that with the correct information and support, caring can be a rewarding and positive experience.

Voluntary Action Shetland supports unpaid carers in Shetland by working to establish a network of local support through our Carers Centre, outreach groups, 1-1 meetings, signposting to relevant support agencies and through our Virtual Carers Centre. The Virtual Carers Centre will offer carers in Shetland a one-stop shop approach to relevant information for carers .

www.shetlandcarers.org

We want to help carers:-

- Find time for themselves
- Keep healthy
- Feel less stressed
- Plan for the future

The carer support worker can help by offering a listening ear, signposting to relevant information, supporting you through a carer’s support plan and introducing you to your local carers group should you wish to attend.

We now have a Facebook page for useful meeting dates and information. **www.facebook.com/shetlandcarers**.

For further information contact 01595 743923 or email: carers@shetland.org

What are our services?

- One to one support for carers
- Support Groups
- Virtual Website and Carers Facebook Page
- Grants available for Short Breaks
- Carer Support Plans in partnership with SIC
- Signposting to relevant services
- Training to help you in your caring role
- Help with emergency planning
- Quarterly Newsletters
- Support when caring role comes to an end
- Opportunity for Carers to influence strategy/policy