



North East Wales Carers Information Service (NEWCIS) Information for Carers

Fact Sheet 12: No Longer a Carer

Bereavement

Grief is a natural response to bereavement but it is different for each individual. Support can come from family and friends or there are organisations that help you deal with bereavement and encourage you to face the future.

If someone dies at home

- Immediately notify the family doctor.
- Notify the funeral director and begin making funeral arrangements. He will give you advice on the arrangements that will need to be made
- Contact a friend or relative who you feel will be most able to give you support. Arrange for them to telephone
 - Friends, family and colleagues
 - Employer
 - Church or religious organisations
 - Clubs and social organisations
 - Landlord
 - Lawyer – the deceased's Will may have special funeral requests
- When the doctor has issued a certificate, the death will need to be registered within five days with the Registrar of Births, Deaths and Marriages for the area where the death occurred. It is a legal requirement to register every death with the Register of Births, Deaths and Marriages. You will need to take with you the date and place of birth of the person who has died, the maiden name of a married woman, the date and place of death and his or her occupation.

For support following a bereavement contact:
Cruse Bereavement Care (08702 402758)
CALL (Community Advice and Listening Line) 0800 132 737
Samaritans 08457 90 90 90

If the person you care for goes into long term care

Many Carers experience a sense of guilt associated with a feeling that they have failed the person they care for in some way. This is perfectly normal.

Although you may feel that this is the end of your caring role, it is in fact a significant transition point. If you feel able you can continue to be involved with their care and establish a relationship with the staff at the home.

Whether the person you care for has passed away, or whether they have gone into long term residential or nursing care, your life will be different and this will take some getting used to.

You may want to continue your involvement with NEWCIS and to carry on attending Carers' groups. If you feel you need specialist help or counselling NEWCIS can provide advice on services available. When the time is right, you may decide to move on and pursue new interests or undertake voluntary work, access education or employment opportunities. NEWCIS may be able to offer help and advice around these new opportunities.

Suggested contacts for this section:

CRUSE
NEWCIS

☎ 08702 402758

☎ 01352 751436

E.mail: flintshire@newcis.org.uk

CALL
Samaritans

☎ 0800 132 737

☎ 08457 909090

E.mail: jo@samaritans.org

