

When the Caring Role Comes to an End – December 2008

Has your caring role changed or come to an end?

Looking after someone is a huge part of your life but it is inevitable that your caring role will change over time. It may no longer be possible to look after the person you care for at home. There may come a time when you have to think about life after the loss of your loved one.

Whatever your situation it is important to realise that you are not alone. It will be difficult but you can find help and support.

Age Concern can offer a wide variety of practical and emotional support. Contact them on 751747.

Other information is available from your GP's surgery or the care Co-ordinator working with you or your relative.

In addition Blackpool Carers Centres can continue to provide support. Contact them on 393748.

Who to Contact about Benefits

Your benefits may change but it is important that you continue to claim the benefits to which you are entitled.

If you are under pension age and not able to work because of illness or disability you may be able to claim Incapacity Benefit.

If you need help to look after yourself or with getting around, you may be entitled to Disability Living Allowance (if under 65) or Attendance Allowance (if 65 or over)

For further advice and information on Welfare Benefits, contact: Age Concern (if over 50) on 751747, or Advice Link (if under 50) on 476843. **Age Concern is able to visit you at home and help fill out any necessary forms.**

Useful Contact Numbers

Blackpool Council Customer First Centre, Municipal Buildings, Commercial Street, Blackpool, FY1 1NF. Tel: 01253 477477

Emergencies – outside normal office hours: Tel 01253

Carers UK – 20 Great Dover Street, London, SE1 4LX, Tel 0808 808 7777

www.carersuk.org

Citizen's Advice Bureau – 6-10 Whitegate Drive, Blackpool, FY3 9AQ. Tel: 01253 308400.

www.adviceguide.org.uk

CRUSE Bereavement Care, Marquis Street, Kirkham, Preston, Lancashire, PR4 2HY – 01772 686668

Listening Point (self referral counselling service) – 01253 752753

Samaritans, 16 Edwards Street, Blackpool FY1 1BA – 01253 622218

Widows and Widowers' Association, Trades Club, 7 Chadwick Street, Blackpool – 01253 623119 or 01253 626902

Mental Health Helpline – 0500 639 000

Blackpool Advocacy, Myriad House, 6A Sky Ways, Amy Johnson Way, Blackpool, FY4 2RP - 01253 405959

To ensure that our services are accessible to all, documents prepared by Blackpool Council are available in Large Print, Braille, on audio-cassette or computer disc upon request.

**We can also provide help for British Sign Language users and provide information in other languages.
Please ask for details or telephone 477477.**