

## Support & Information for Ex-Carers of People with Dementia

Who can I talk to urgently if I am feeling low? Think of someone, such as a professional, friend / relative or an organisation. You can write this in the space below so you know who you can contact, you can add as many contacts as you wish.

**If I need support now I will contact:** \_\_\_\_\_

### Task Check List

Following the death of a loved one there are some important things that might need to be done:

- Notify friends and relatives. You may wish to ask a key person in each of their family or social circles to pass on the news. This might be a close relative who can tell their immediate family or someone at their old workplace.
- Get a medical certificate of the cause of death – contact your GP
- Register the death (within 5 days of the death) – Contact Sheffield Register Office on 0114 203 9427 or [online](#). Use their *Tell Us Once Service* (see below). They will need the persons:
  - Full name (including maiden name)
  - Date and place of birth
  - Date and place of death
  - Address
  - Most recent occupation
  - Spouse name, date of birth & occupation
- Tell Us Once Service – handles official notifications such as council, HMRC, Passport Office, DWP & DVLA. Contact Sheffield Register Office on 0114 203 9427 or [online](#)
- Obtain a Death Certificate – at the time of registration. You will need enough copies to send to businesses such as banks and utility companies who may or may not return the certificate to you. Copies can be obtained here [Order a copy of a certificate](#)
- Business and other notifications: (ask these whether they have a bereavement number)
  - Banks & building societies
  - Insurance company
  - Pension
  - Utilities
  - Landlord
- Redirect mail – At the Post Office only
- Bereavement Register - to stop unwanted junk mail register via 0800 082 1230 or [online](#)
- Funeral arrangements – Check the will for any instructions. Contact a funeral director: [Compare Funeral Directors](#) and [Find local funeral director](#)
- Probate, Property & other belongings – Contact Bereavement Advice Centre 0800 634 9494 or [online](#)
- House clearance – for advice see UK House Clearance Association [online](#)

## Financial Support

### Funeral costs

You maybe eligible for some support. Call DWP Bereavement Service for advice - 0800 731 0469

### Benefits

- Citizens Advice Sheffield - 0808 278 7820 [online](#)
- Age UK Sheffield - 0114 250 2850 or [online](#)

**Financial advice:** Mortgages, pensions, insurance & debt

- Money Helper - 0800 731 0469 or [online](#)
- Citizens Advice Sheffield - 0808 278 7820 or [online](#)

## Wellbeing Support (physical and emotional)

### Bereavement

Cruse Bereavement Care – 0114 249 3328 or [online](#)

Admiral Nurse Dementia Helpline - 0800 888 6678 or [online](#)

Listening Ear - 0800 048 5224 or [online](#)

IAPT Self-help resources - [online](#) or call 0114 226 4380

### Mental health

- Your GP
- Sheffield IAPT (Improving Access to Psychological Therapies) services. They have a range of self-help and telephone support. Contact 0114 226 4380 or [online](#)
- Sheffield Mental Health Guide – [online](#)
- Mind Sheffield - 0114 258 4489 or [online](#)
- Samaritans 116 123 (free) or [online](#)

## FIVE WAYS TO WELLBEING



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

## Wellbeing Support (cont.)

### Community support

Age UK Sheffield - 0114 250 2850 or [online](#)

Manor & Castle Development Trust - 0114 278 9999 or [online](#)

### Don't forget about...

Managing health conditions – Contact your GP and access health support & advocacy workers via Manor & Castle Development Trust - 0114 278 9999 or [online](#)

Physical exercise – finding enjoyment in exercise or join local leisure groups [for ideas](#)

Diet – this includes eating well, learning cooking skills & gaining cooking equipment. Speak with Manor & Castle Development Trust - 0114 278 9999 or [online](#)

Sleep - The NHS website has some good information [How to get to sleep - NHS](#)

## Social isolation

It is perfectly normal to feel lonely following the loss of a loved one. You might also miss the contact you used to have with any other people who were involved with the care of person you supported such as a GP, paid carers, support staff from an organisation such as Age UK Sheffield. There are a number of things you can do be in contact with people:

### Reconnecting with family and friends

You may have lost contact with people whilst you have been supporting your person.

### Making new connections

You could meet people by following your interests, finding new interests, joining a group or finding comfort in peer support

## Moving On

Moving on can be replacing the caring world and finding new meaning and purpose in life.

**Employment support:** back to work, job searches, CV, interview skills, confidence building

- Manor & Castle Development Trust Employment Team - 0114 265 5145 option 2
- Opportunity Sheffield - 0114 229 6168 or [online](#)
- Skills Support for Employment - 0114 212 2067 or [online](#)

### Confidence and self-esteem building

There are a number of organisations & resources who can help you do this:

Manor & Castle Development Trust run regular courses [Aiming High](#) & [STEPS to excellence](#)

NHS resources - [online](#)

Mind resources - [online](#)

## Moving On (cont.)

### Use your skills through Volunteering

During your time supporting your loved one you have gained a range of skills and experiences which can be used to help others. You might also have other interests which you'd like to follow as a new beginning.

Alzheimer's Society - 0330 333 0804 or [online](#)

Tide (Together in Dementia Everyday) 0151 237 2669 or [TIDE - Together In Dementia Everyday](#)

VAS (Voluntary Action Sheffield) - 0114 253 6600 or [online](#)

Age UK Sheffield - 0114 250 2850 or [online](#)

Manor & Castle Development Trust - 0114 278 9999 or [online](#)

### Life coaching

To help you move on in many aspects of your life. For Sheffield based life coaches see:

Life Coach Directory - [online](#)

Psychology Today - [online](#)

### Find new interests

Are there things that you would like to learn or do:

- A new skill such as new language or photography (for ideas [14 FREE ways to learn something new at home](#) or [101 New Skills to Learn Starting Today](#))
- Follow a creative interest such as painting, cookery (for ideas [online](#)), woodwork or a craft (for ideas [online](#))
- Take up a sport: swimming, bowling, walking, dancing or even rock climbing (see [Activities - The Outdoor City](#))
- Hobbies: Gardening ([places to volunteer](#) or [Manor Fields Park](#)), nature or looking after animals
- Starting an evening or online course (for ideas see [Future Learn](#))
- Learn local history: [Picture Sheffield](#), [Sheffield Local Area History](#) & [Manor Lodge](#)
- Joining a new group. There are many places to look for these such as:

Meetup [online](#)

U3A (University of the 3<sup>rd</sup> Age) [online](#)

Age UK Sheffield [online](#)

Sheffield Directory [online](#)

