



Sunderland Carers Centre Guide To: Planning for the Future

As a carer, you may be anxious about what may happen in the future and how you can best plan for your loved one. There may be a time when you are no longer able or willing to care for the person you are currently caring for. For example, you may move to a new area, become too unwell yourself or sadly pass away. You may find it helpful to plan for the future now.

Planning for the future can provide peace of mind for you and the person you care for, ensure that the relevant people have all the necessary information to step into your caring role if needed and can also identify what would need to happen in the case of something happening to you suddenly (an emergency situation).

Speak with the person you care for and friends and family

Speaking about what may happen in the future may not be easy, but it is important that your loved one's wishes and views are taken into account (if the person you care for is able to express their wishes) as well as your own. There are lots of aspects to think about, but these could include housing, equipment and adaptations, accessing care at home, residential or nursing care and finances.

You may also find it helpful to talk to family members or friends, to see if they would be willing to take over some or all of the persons care if you were no longer able to. However, we realise that this may sometimes not be possible.

Ask for an Adults Needs Assessment

The local authority can carry out an assessment of needs for the person you care for, with their permission. This could identify any support needs within the home or in the community, and a plan put in place to ensure they remain as independent as possible. This could involve a care package, where trained care workers visit the person in the home to help them with everyday living, installation of equipment such as a stair lift or [Telecare alarm](#), or support and transition to move into supported living. You can apply for an Adult Needs Assessment here:

<https://www.sunderland.gov.uk/article/15014/Adults-needs-assessment>

Or you can contact the Local Authority by Telephone 0191 5205552

Request a Carers Assessment

It may also be helpful for you to have an assessment for yourself. This is called a Carer's Assessment. A carers' assessment can help you to consider what plans you might need to make for your future and the future of the person you care for. Sunderland Carers Centre carry out Carer's Assessments on behalf of the local authority for adults 18 years old and over caring for an adult. Having a Carers Assessment will enable us to offer you information, advice and signposting that is relevant to you, your caring role and the stage you are at in your caring journey. Both yourself and the person you care for can be offered a reassessment if your needs or circumstances change in the future.

Please see our [Guide to Carers Assessments](#) for further information or contact us.

Planning for an emergency

It is recommended that you devise an emergency plan, should you suddenly or unexpectedly be unable to care for the person any longer. This should have details of the care and support you provide to the person and can be kept within the home, given to family members or friends and health and social care professionals involved with the person. This can include:

- details of the name, address and contact details of the person you look after
- who you and the person you look after would like to be contacted in an emergency – this might include friends, family or professionals.
- details of any medication the person you look after is taking and where it is stored
- details of any ongoing treatment they need
- noting details of any allergies
- details of their GP and pharmacy
- any ongoing treatment they need
- any care and support services they receive
- any continence products needed and who supplies them
- any mobility challenges and mobility aids such as a wheelchair or hoist
- anything behaviours others need to be aware of.

We have devised a Carers Emergency Plan as a template that you can use. If you would prefer a printed copy please contact us.

You can also apply for a Carers Emergency Card via Sunderland Carers Centre:

The Carers Emergency Card is operated by Sunderland Care and Support and forms part of their telecare service.

Sunderland Carers Centre facilitates the completion of Carers Emergency Card forms on their behalf and supports carers to plan for the future and possible emergencies. The aim of the scheme is to provide carers and the person they care for the opportunity to plan for any emergencies, where the carer is unable to care, including who the carer would like to be contacted. The scheme is recognised by Sunderland City Hospitals and the Emergency Services. On completion of the Carers Emergency Card form (which we can help you to do), please return to Sunderland Carers Centre in the freepost envelope that we will provide and we will register you with Sunderland Care and Support. Once registered, you will receive a pocket-sized card to keep with you. The card will have a telephone number to call in an emergency if you have an accident. There will also be a unique reference number on for people to quote when contacting Sunderland Care and Support. The unique number links to your personal details that are held securely by the Telecare service.



Message in a Bottle - sponsored by your Local Lions Club.

This is a voluntary scheme for anyone living at home, who might be reassured to know that essential information would be readily available to the Emergency Services should they suffer an accident or sudden illness. The scheme ensures that vital information is available not only to identify you, but to

advise of relevant illnesses, allergies, medication and contact addresses. Within the plastic ‘message in a bottle’ is a form that you complete. It also contains green cross stickers for you to place a sticker inside your front door. You then keep the plastic ‘message in a bottle’ in the fridge.

In the event of an accident or incident, within the home, the first emergency service on the scene will be alerted to the bottle by the label on the door.

We have a supply of ‘bottles’ within the centre, please contact us if you would like one.



Health and Finances

It is important to plan for the future around health and finances. This is particularly important if your loved one has received a diagnosis of a dementia related illness. The sooner you can plan for the future in caring for someone with dementia the better as when someone losses the ability to make their views known looking after health and finances on someone else’s behalf can become more difficult.

Please follow the link below for our [Guide to Lasting Power of Attorney](#).

Housing and Adaptations and or Equipment

It may be that you will need to consider planning for different housing to meet the needs of the person you care for. There are several different options that can be considered depending on the level of need.

Extra Care Schemes, to be considered for an Extra Care scheme the person requiring the housing must be 55 or over and require supported or more appropriate housing or need a level of persona care. There are a variety of providers in the city:

Sheltered Housing, is normally only available to those aged 55 or over. Common features of sheltered housing schemes include: help from a scheme manager (or warden) and/or support staff, 24 hour emergency help through an alarm system, communal areas such as garden or lounges and social activities for residents. There are a variety of providers across the city

Supported Living, is a service for people who may have a learning, disability, mental health problems, acquired brain injury or complex physical health needs. Supported Living supports a person to live independently within their own home, acquiring a tenancy. It may be that the person shares that home with a small number of other people and the care and support will be put in place to meet the needs of the people living there. This can be 24/7 care and support.

For more information about the various housing options across the city visit: [Sunderland Information Point](#). At the home page click on Sunderland Adults, this will then give options on Somewhere to Live and Digital Assisted and Supported living.

Community Therapy Service

Sunderland City Council has a Community Therapy Service to help people to live more independent lives. If you or the person you care for are starting to find every day activities becoming more difficult, the Independent Living Team will make an appointment to visit you in your own home and undertake an

assessment of your needs. The team carry a range of equipment that they can provide you with straight away to help you manage the tasks that have become difficult. They will fit and demonstrate the equipment in your home and make sure that you are able to use them safely.

For further information visit: [The Community Therapy Service - Sunderland City Council](#)

If you are unable to gain information via any of the links to websites in this Guide To please contact us here at Sunderland Carers centre and we can get the information you require to you.