**Activity sheet 2b - Carers checklist**

**Activity**

You will have seen the Age UK carer’s checklist: now complete a similar checklist for a carer who is facing end of life with their family member/loved one. What do you think would be important at this time?

**Their wellbeing**

⏵What emotions are they feeling?

⏵What are they doing to cope with the situation?

⏵Do they have any support systems in place?

⏵Have they got some time or space for themselves?

**Their money**

⏵ Are they receiving benefits (if appropriate)?

⏵Are they worried about care home fees?

⏵Are they worried about funeral expenses?

⏵Do they need financial advice?

**Their work**

⏵Are they still working?

⏵Is their workplace supportive?

⏵Do they need any external advice regarding their work place?

⏵Do they need support regarding sick notes, benefits etc.

**About the person they care for**

⏵Do they understand what is happening with their family, friend?

⏵How do they think their family, friend is doing?

⏵ Do they have any specific questions, concerns, fears or worries?

⏵Do they know who/where to go for if they need more information?

Where could you direct people to for further support?

This will require local information, but generic support could include:

* Alzheimer's Society's National Dementia Helpline on 0300 222 1122.
* Age UK's Advice Line on 0800 055 6112 (free)
* Independent Age on 0800 319 6789 (free)
* Dementia UK Admiral Nurse Dementia helpline on 0800 888 6678 (free)
* Carers Direct helpline on 0300 123 1053 (free)
* Carers UK on 0800 808 7777 (free)