Guidance on Carer Friendly Award ‘Carers have the opportunity to discuss plans for the future and the future of those for whom they care’.

# **Explanation**

Within the clinical setting, there will be a number of situations where discussions around future care planning and in shared decision making are particularly appropriate. These include:

* the diagnosis of a life limiting condition
* the diagnosis of a degenerative condition
* the diagnosis of dementia
* a carer looking after a son or daughter with a learning disability at home
* a carer who themselves has a degenerative condition or is getting older

These conditions or situations, and the carers’ ability to manage these, may change so that the current care arrangements will need to be adapted. These discussions help to prevent dealing with a crisis by anticipating the change and putting in place measures to manage this.

The carer may need to plan for alternative care arrangements for when they are no longer able to care. They may also need advice about financial arrangements.

There is information on the CSW website (you may need to right click and ‘open hyperlink’)

<https://carersupportwiltshire.co.uk/resource-centre/managing-someones-affairs-2/>

<https://carersupportwiltshire.co.uk/resource-centre/when-the-person-you-care-for-moves-into-a-care-home/>

and in the publication ‘A Guide for Unpaid Carers’ (page 33-35).

The areas covered include:

* lasting Power of Attorney
* making a will
* residential and nursing care
* end of life care and support
* advocacy

1. **Lasting Power of Attorney (LPA)**

This is a legal document that allows the person being cared for to appoint someone (over 18) they trust to make decisions on their behalf when they no longer wish to or lack the mental capacity to do so.

**There are two types of Lasting Power of Attorney**

1. *Property and Financial Affairs*

This gives a carer the power to make decisions about the cared for person’s finances and property.

1. *Health and Welfare*

This gives the carer the power to make decisions about things like medical care, moving into a care home or refusing or consenting to treatment.

**Making a Will**

Leaving an estate to the person who is cared for could have implications for their income if they are in receipt of means tested benefits. This is particularly relevant where a carer is looking after a son or daughter with a learning disability. Setting up a Discretionary Trust can give them financial security. Advice about this can be obtained at Mencap.

For parent carers, [Mencap](https://www.mencap.org.uk/advice-and-support/wills-and-trusts-service) has a useful page on making wills.

Future planning - links to CSW website:

<https://carersupportwiltshire.co.uk/resource-centre/managing-someones-affairs-2/>

<https://carersupportwiltshire.co.uk/resource-centre/when-the-person-you-care-for-moves-into-a-care-home/>

**Managing affairs for someone else**

The [Citizens Advice website](http://www.citizensadvice.org.uk/family/looking-after-people/managing-affairs-for-someone-else/) has a useful page on managing affairs for someone else. You can also download a Lasting Power of Attorney form on the [governments’ website](http://www.gov.uk/government/publications/make-a-lasting-power-of-attorney).

Age UK

<https://www.ageuk.org.uk/information-advice/money-legal/legal-issues/?gclid=EAIaIQobChMInLXZotPl9AIVS7TtCh1PGAiEEAAYASAAEgJhdvD_BwE>

Alzheimers Society

<https://www.alzheimers.org.uk/get-support/legal-financial/lasting-power-attorney?gclid=EAIaIQobChMIzNeJ49Pl9AIVwbHtCh2lUAwcEAAYASAAEgJ8XPD_BwE&gclsrc=aw.ds>

**Making a will**

Citizens Advice have more information on [making a will](http://www.citizensadvice.org.uk/family/death-and-wills/wills/). It is also worth noting that each October, is [Free Wills Month](https://freewillsmonth.org.uk/) – bringing together a group of well-respected charities to offer people aged 55 and over the opportunity to have their simple wills written or updated free of charge by using participating solicitors in locations across England.

**Discussions around moving into a care home**

The [**Relatives & Residents Association**](http://www.relres.org/)has some great advice on talking to your loved one about moving into a care home and more. They also have a helpline for carers who may feel guilty about stopping caring, need advice on the next steps and more.

Remember, even if your loved one moves into a care home, you may still be a carer. You may still spend a lot of time visiting the person you care for in their care home, helping with care and keeping the person you care for company.

[**The Carers Trust**](https://carers.org/care-homes/caring-for-someone-who-is-in-a-care-home)has some great advice on caring for someone in a care home around benefits, carers assessments and more.