



## Case study four:

# Tool 4 - Supporting older carers, spheres of support

This tool sets out ways of supporting older carers identified in pilots around the country. You can use it to consider how your service accesses or provides support for older carers, particularly when they are isolated and when they become bereaved.

Sphere of support	Possible support
Practical	Falls prevention advice; transport assistance; respite sitting service; referral to handy person scheme; seated exercise; health trainer; Time 4 You; I & A, GPs; district nurse teams; occupational therapist; Stroke Association; Christmas hamper scheme.
Information and advice	Welfare benefits check; Disability benefits advice; Pension credit advice; Attendance Allowance applications; Welfare benefit appeals; Carers grant applications; Council Tax advice; care charges, Appointmentship; Power of Attorney; signposting to external services; health care complaint; residential care charges; Advanced Directives and care planning; volunteering opportunities.
Emotional	Telephone support; home visits; befriending; coffee morning groups; bereavement support groups; bereavement support 1:1; introduction to social groups; Christmas lunch; advocacy.

This tool is based on Age UK (2013) Supporting Older Carers of Those Nearing the End of Life, Lancaster University Evaluation of Six Pilot Projects. Final Report