

# United!



Registered Charity No. 1043956

Issue no. 15 September 2015

## The Carers Centre

LEICESTERSHIRE & RUTLAND

*at the heart of caring*

### The Care Act - Important Updates

Things you NEED to know...

### My Dad has Alzheimers

Getting help with coping

### Next of Kin...

...or next to nothing?

### Delicious Veggie Recipes

### We're Going Green!

See pages 11 and 12 for details

### Fundraising

### News from the Carers Centre

...And Charles' chat

# Autumn issue



## Letter from the Editor

Well, dear readers as summer comes to a close, I am contemplating my year so far...

My overwhelming thoughts are about being a parent – never an easy journey even under the best of circumstances. Add to the enormous responsibility of parenting, the massive challenge of being a single parent carer, and your task becomes herculean on an epic scale. That being said, I have received much joy, life lessons and love from my children that I could not imagine being without.

My twins are now officially and irrefutably adult twenty one year old individuals. I am hugely proud of both of them and recently had the enormous pleasure of seeing them both publicly honoured. My son, who has complex disabilities, was awarded for his efforts in therapy at a beautiful ceremony held by his college and my daughter (who has no disability) walked the stage of the Curve Theatre to receive her BA degree. Of course parenting never ends but it is so nice to step down from being the chief cook and bottle washer!

My need for support in my role as parent carer brought me to The Carers Centre almost ten years ago. Their support was literally a life line, when I felt alone and unheard in my struggles. Next year marks the 25th anniversary of the incredible organisation that has and will continue to make a positive change in so many people's lives. I hope you will join in the celebrations and here's to another (at least) twenty five years of caring!

My very best wishes

Ann Johnson

[unitededitor@thecarerscentre.org.uk](mailto:unitededitor@thecarerscentre.org.uk)



## **25 Years of The Carers Centre**

Next year will see us reach our 25th year of providing service to carers. We hope to celebrate next year in style with a number of events, and we will be setting out a programme of events very soon. We need your help to make these events a real success!

You can help us by:

- Telling us what activities/events you would like us to offer over the coming year?
- Helping us to organise or run an event, perhaps in your local area.
- Running a “Carers Cuppa” event in your area to help us raise funds

We really want to hear from you!

Contact Charles on 0116 2510999

## **HELP needed!!!**

The fundraising team are always looking for new volunteers to join us. If you can help at our events and in the office, we are sure to find a role to suit you. It doesn't have to be on a regular basis and you can fit your voluntary hours in around your commitments.

There are many opportunities to give us some much valued help. It could be something as simple as holding a collection tin at a supermarket, being a model at our fashion shows, helping out at one of our many up and coming events, or in the office helping us to research and plan events. These are just a few of the ways you can get involved... We are always interested in your ideas!

If you feel that this is something that may be of interest to you or someone you know please contact [nadine@thecarerscentre.org.uk](mailto:nadine@thecarerscentre.org.uk) or call the office on 0116 251 0999

## **Charles' Chat!**

You'll be reading this after I have completed the "Charles' Challenge" of pushing my wife in her wheelchair around Braunstone Park, a 5km/3 mile challenge. I won't speculate as to the state I'll be in by then!

But the point of the challenge is that while others will be running around the park and afterwards going on about their lives, a carer takes life rather more slowly, concentrating on the needs of the person they care for. And, ultimately, after completing the challenge, I'll be pushing Gill to wherever we've parked the car. The challenge of caring doesn't stop after a few miles, or a few days - it continues on.

That's why it's important – more than that, it's vital – to get help when you need it. It's why carers have rights: the right to an assessment of your needs is in many ways the most important right you have as a carer.

It's vital, especially in these days of cutting costs, that carers can receive good, supportive and effective assessments that lead to reduced pressure on their own health, allowing you time for yourself.

Right now, services are in a state of 'flux'. Everything's changing, and it takes time to change from one way of working to a totally different one. We're working to make those changes positive.

We need to hear from you about your experiences with Carers' Assessments: whether good or bad, helpful or not. We want to know what's happening so that we can try to make sure that the good practice is shared and the poor practice is reduced.

### **Future Plans**

Not many people will know this but next year is our 25th Anniversary year. We're planning our activities for the coming year and a full programme will be advertised in future issues of United! We'll tell you more at our AGM in September.

As always, if you have anything to ask, or to say about our services, please contact me in the usual ways – you can telephone me on 0116 251 0999 or 07740403294, or email me on Charles@thecarerscentre.org.uk . Or you can use traditional mail using the Freepost address:

The Carers Centre, FREEPOST, RTLU-HHXR-YAJL, LE1 1PL

## **Caring with Confidence**

is a FREE support programme for anyone caring for a family member or friend, with dementia or memory problems.

Starting soon at AGE UK, Leicester

Caring for a loved one can have a huge impact on your own health and wellbeing, many say they feel isolated, experience feelings of being unable to cope, unsure where to go for advice and support or feel they are not being heard. Others say they would like the chance to meet others in a similar situation.

Caring with Confidence can help with these problems and is held in a relaxed and friendly environment.

The programme runs over six weeks so come to as many sessions as you can.

Everyone welcome! Bring a friend or a family member if you think they could also benefit.

Starts Tuesday 8th September 2015

10.00am – 1pm.

Age UK, Clarence House, Humberstone Gate, Leicester LE1 3PJ

Complimentary refreshments are provided

To book your place or to have a chat about the programme, please contact Ranjana or Debbie at The Carers Centre Tel: 0116 251 0999

### **Finding your Way** Tuesday 8th September 2015

The introductory session which welcomes you to the programme and explains more about each session and how it can help you in your caring role. Looks at the importance of your own health and wellbeing.

### **Caring and Coping** Tuesday 15th September 2015

Gives you time and space to look at the emotions involved in looking after someone and how to recognise and deal with stress more effectively.

### **Caring and Understanding Dementia** Tuesday 22nd September 2015

Developing awareness of how memory problems and dementia affects someone. Explores new ways of effective communication with the person you care for.

### **Caring Day-to-Day** Tuesday 29th September 2015

The essentials of caring for someone every day from medication to emergencies. Discussions around equipment available to help keep someone safe in their own home.

### **Caring and Life** Tuesday 6th October 2015

Invites you to take time out and think about how to juggle competing demands and how your caring role fits with other aspects of your life.

### **Managing Stress Effectively** Tuesday 13th October 2015

Relaxation and how not to avoid it! Using simple techniques to incorporate in everyday life. Looks at ways to help you juggle your caring role and also find time valuable time for yourself!

## South Wigston Community Fun Day

On Saturday 20th June 2015, Nadine, Babs and her husband Dave ran The Carers Centre fund-raising and information stall at this event. They set up in the rain, ran the stall all day in the rain, and packed up in the rain! Thank goodness they were able to borrow a gazebo from Sonia, one of our lovely trustees - what a lifesaver!

Even so, it was not easy. Even with the gazebo, quite a lot of our stock got rather wet and when you are selling stationery, this is not good! After a hard days work, the event raised seventy nine pounds so it was worth the effort, despite the weather.

Even allowing for the vagaries of the British weather, this kind of event is well worth attending. As well as raising money, its also a great opportunity to tell people all about us and what we offer in the way of support to Carers.

So, if you are aware of events coming up in your neighbourhood over the next 12 months, I would love the opportunity to get involved with them, all I need are the contact details of the organiser(s).

Either telephone me at The Carers Centre (0116 2510999), or, better still, email me on: [babs@thecarerscentre.org.uk](mailto:babs@thecarerscentre.org.uk) and I will do the rest.

## **The Care Act 2014 - UPDATE**

There's been a lot of publicity about the Care Act 2014. We published an item on it in issue 11 (September 2014) and followed up with some legal advice on the subject in issue 12 (December 2014). There were expectations that it would bring about a seismic change in how carers were viewed and supported by the authorities, which would lead to many more Carers Assessments being taken.

### **So now it's here, has it made a massive impact?**

Well, the short answer is... not really. Frankly, it's too soon. For one thing, the guidance for the Act was received by local authorities at the end of October last year. Thus, giving them only five months to interpret the guidance into local policy, redesign their systems and retrain all of their staff. More crucially, The Act required a major shift in attitudes towards carers and Carers Assessments, and this will take a lot longer.

You need to know that:

- You must be given a Carers Assessment unless you choose not to have one.
- Your needs must be met – if you're eligible, this can mean a personal budget – but in many cases it will mean a referral to advice services, or other services in the community
- The emphasis is on prevention and early intervention – catching things early on to prevent them getting worse (and more expensive)
- Carers in Leicester and Leicestershire will not be charged for any services they receive in their own right – at least until the end of this financial year.

It's going to take time before we see real change. So, what is the Carers Centre doing to help that along?

Our advocacy service is working with carers to make sure that they have a Carers Assessment and that it really reflects what's going on in their lives.

Our advice service and our training service are working with carers



to explain how Carers Assessments work and how to get the best out of one – and our training service will be working with social care staff teams over the coming months to promote good quality Carers Assessments.

As Centre Manager, my job is to make sure that these services are effective. And to raise any issues with local authorities, making positive suggestions for improvements to the system and to the way professional staff teams work with carers and the people they care for. I also get involved in the training work that we do, and I help to train other organisations that provide services to carers and the people they care for.

### **STOP PRESS...STOP PRESS...STOP PRESS...**

As I was putting the finishing touches to this article, I received an email that caused ‘a bit of a stir’ here at the Carers Centre...

Some of you may remember that the government set out a ‘cap’ on charges for social care, and a higher threshold before individuals would be responsible for their own care. This was to come into force from April 1st 2016.

The government has now announced that this will be delayed until April 1st 2020, on cost grounds. In other words, it will come into force about a month before the next General Election.

There was also to be an ‘appeals’ element to the Act: this too has been delayed as part of the forthcoming spending review. In a letter to the Local Government Association, care minister Alistair Burt said a time of consolidation in public spending was not right to introduce “expensive new commitments”. The government predicted the reforms would cost £6bn over the next five years.

It’s hard to see why it’s taken the government until now to question its own mathematics, and why there was no mention of this in a budget that took place a matter of weeks before this announcement. However, I’ll leave the politics to the politicians and the journalists!

Charles Huddleston

# **IMPORTANT DIARY DATE!**

## **THE CARERS CENTRE AGM**

is to be held at 10.30 for 11am start, Friday 25th September

Location: Phoenix Theatre, 4 Midland St, Leicester LE1 1TG

All are welcome to attend

## **Leicester City Parent Carer Forum**

Are you a parent carer living in the City or support parents and carers of children aged 0 to 25 with Special Educational Needs or Disability?

Join others like yourself and have your say about Education, Health, and Care services provided in Leicester for disabled children and young people.

The Forum is attended by the Local Authority, Health, Social Care, Education and Voluntary Organisation representatives who are there to listen to you and act on your recommendations.

Wed's - Sept 16th - Barnes Heath House

Wed's - Oct 14th - Barnes Heath House

Wed's - Nov 18th - Barnes Heath House

Wed's - Dec 16th - Barnes Heath House

Forum meetings are from 10.00am to 1.00pm

Transport for meetings can be arranged if required.

Refreshments are provided and lunch provided from 12.30 to 1.00.

Telephone: 07582197173

Email: [leicesterparentandcarersforum@live.co.uk](mailto:leicesterparentandcarersforum@live.co.uk)

Facebook: [https://www.facebook.com/](https://www.facebook.com/LeicesterCityParentCarersForum)

LeicesterCityParentCarersForum

# **News from The Fundraisers**

## **Charles & Diane's Challenge**

By the time you read this Charles Huddleston should have completed his 5K wheelchair push at Braunstone Park on the 22nd August. This will also mark the end of Diane's 1955 Challenge, which she did for a year to raise funds for The Carers Centre. However, these are not the only people joining them! There will be Babs and her husband Dave, and their daughter Frankie, as well as some of our marathon runners!

Look out for an update and more photos in the next issue!!!

## **Waitrose Oadby**

Just before the end of April this year, we had a phone call from a Waitrose Community Champion to let us know that they had received our request and had agreed to promote The Carers Centre for the month of May (along with two other local worthy causes) by using their Green Token scheme. This is where all their customers are given a green token to put in the box of their choice and £1000 is divided at the end of the month between the causes, with the most money going to the cause with the most tokens.

We are delighted to tell you that we have now received the cheque from Waitrose for a very impressive £620 – nearly two thirds of the available money! So, a massive thank you to every single person who shopped at Waitrose and put their token in our box. Clearly, people care about carers, which is a huge step in the right direction.

# The Big Care Write-Up

Following their celebrity event earlier this year, the team behind The Big Care Sign-Up return with The Big Care Write-Up. They will be producing a free-to-download eBook short story anthology entitled "Carers of The Cosmos", which will feature contributions by writers from across the East Midlands, as well as stories written by members of the Big Care team.

In order to get the download link people will need to donate to The Carers Centre via a book specific Virgin MoneyGiving fundraising page. Further details about this will be made available when the eBook is released this September.

If anyone is interested in submitting a short story for consideration the closing date is 31st August 2015. Stories should use the theme "carers and science fiction" as a starting point and should try and interpret it as uniquely and as cleverly as possible. All submissions must be between 1,500 and 5,000 words and must be emailed to Dale Anthony Church at [submissions.bigcarewriteup@gmail.com](mailto:submissions.bigcarewriteup@gmail.com) in a standard format (DOC, TXT, RTF) no later than midnight on the closing date.

It is hoped that the anthology will drive donations to The Carers Centre in the coming months.



## **The Carers Centre's Second Fashion Show**

Quite a few of you will remember that Babs put on a fashion show on Friday 8th May at Holbrook Memorial Hall, Stoneygate, Leicester, LE2 3LF. It was a great success, making £475 for us. We even managed to run out of raffle tickets! Lots of people asked if we would do another one, so what could we do?

The next fashion show, in partnership with SOS Charity Fashion Shows (have a look at their website and you will see how it works) will be on Friday 9th October 2015, same venue, commencing at 7.30pm (doors open 7.00pm). There will be an extensive range of High Street fashions, including winter ranges, Zara's cosmetics and beauty gifts stall (very popular last time), teas, coffees and biscuits, our own stall and, of course, the raffle!

Admission is by ticket, £5 per person, which can be obtained either by ringing us on 0116 2510999, or by calling in to the office, or by emailing me on [babs@thecarerscentre.org.uk](mailto:babs@thecarerscentre.org.uk)

If the last fashion show is anything to go by, tickets will sell fast and as the capacity of the hall is around 80 people, don't leave it too late to secure your place. We look forward to seeing you!

## **P&O CRUISES**

We have received a cheque from P&O for £405.63. This from Babs' recent cruise, where, while having a much-deserved break - she was still 'on the job' and convinced P&O to donate the Sunday Service Collection to The Carers Centre!

## **London 10K**

Thank you to Marie, Jacque, Claire and Grace for completing the London 10K, and for their amazing fundraising efforts. They have all said how much they enjoyed the day except for getting up at 4 a.m. Unfortunately Diane and Jenna couldn't run on the day as they were poorly, but I am sure we will see them again at another event.

If you fancy taking part in one of our races or know someone that would please get in touch with [nadine@thecarerscentre.org.uk](mailto:nadine@thecarerscentre.org.uk) We have some new races planned for 2016!

## **and a big thank you to - Edith Murphy Foundation**

Nadine wrote to the Foundation earlier this year and they generously responded with a donation of £2,000!

# RECIPES

**This time chef Graeme has gone all vegetarian!**

## **Broccoli Cauliflower Bake**

1 small cauliflower  
1 small head of broccoli  
150g 5oz natural yogurt  
75g 3oz grated cheddar cheese  
1 tsp mustard (whichever type you like)  
2 tbsp of breadcrumbs  
salt and pepper

### Method

Break up both the broccoli and cauliflower into florets and cook for 8 minutes in boiling salted water. When cooked drain well and place in an oven proof dish.

Mix the cheese, yogurt and mustard and season with salt and pepper.

Pour over the florets.

Sprinkle over with the breadcrumbs.

Place into pre-heated oven 180c gas 4 till golden brown.

Best served hot.

## Root Casserole

225g 8oz Carrots peeled and cut into large chunks

225g 8oz parsnips peeled and cut into chunks the same size as the carrots

450g 1lb potatoes peeled and cut into chunks the same size as the parsnips and carrots.

225g 8oz of small onions peeled

1 tbsp of demerara sugar

1 tbsp soy sauce

1 tbsp tomato puree

1 tsp wholegrain mustard

400 ml 14 fl oz vegetable stock (made from stock cubes)

1 tbsp vegetable oil

1 large nub of butter

Salt and pepper

### Method

Heat the oil, butter and the sugar in a larger saucepan and stir until all the sugar has dissolved.

Add the vegetables and sauté (lightly fry) them for 10 minutes.

Mix the veg stock, soy sauce, tomato puree and the mustard together and pour over the vegetables.

Bring to the boil, then turn down the heat to a simmer, cover and cook for around 30 minutes or until all the vegetables are cooked.

Season to taste.



## **Mushroom and Roast Pepper Pinwheel**

320g 12 oz button mushrooms (chopped)

1 jar of roasted pepper (available at most supermarkets)

50g 2 oz of margarine or butter

1 onion finely chopped

400g 13 oz of ready rolled puff pastry

salt and pepper to season.

1 beaten egg or 1 tbsp for milk for glazing

### **Method**

Melt the margarine/butter in a large frying pan, add the onions and fry gently for around 5 minutes.

Add the mushrooms stir and cook until all the liquid is gone, this is very important as if there is any liquid left it will give you a soggy pinwheel.

Place mushrooms and the onions into a large bowl and allow to cool.

Chop your roasted peppers and add to the mushrooms and onions mix well.

Place your puff pastry on a baking sheet, and spread your mushroom pepper mixture onto the pastry, leaving a 1/2 inch gap all around the edges.

Wet the edge of the pastry and roll it into a sausage shape, just like a Swiss roll.

Brush your roll with either the egg or milk.

Bake in a pre-heated oven 180c 4 gas for 25 minutes.

## **Savoury Bread and Butter Pudding**

6 slices of sliced bread (with the crusts removed)

40g 1 1/2 oz of softened butter

50g 2 oz of strong cheddar (grated)

2 eggs (beaten)

1 egg yolk

300 ml 1/2 pt of milk

1 onion finely chopped

1 tsp of mixed herbs

### **Method**

Melt about one third of the butter in a saucepan and add the onions, fry for about 5 minutes. Then set to one side.

With the rest of your butter grease an oven-proof dish and spread butter on one side of your sliced bread. Cut the bread into triangles.

Lay half of your bread butter side up, sprinkle over half of the cheese and onion.

Lay the other half of your bread butter side down, and sprinkle over the rest of the cheese and onions.

In a jug mix the milk eggs and egg yolk together, add the herbs and a little salt and pepper.

Pour this over the bread. Leave for 25-30 minutes to allow the milk to soak into the bread.

Place in a preheated oven 180c gas 4 for 40-45 minutes.

The top should be golden brown and the eggy liquid set.

# The Carers Centre Christmas Curry

Fancy a festive fund-raising foody evening? I do hope so, as I have arranged a lovely curry evening at my local church, Stoneygate Baptist, on London Road. As it is going to be on Friday 4th December, I thought that was close enough to Christmas to give it a seasonal feel, so the church's own music group, 'Folk-Us' are going to come along and serenade us with appropriate music and songs – feel free to sing along if you wish!

Doors will open at 7.30pm, with the meal to commence around 8.00pm. There will be a choice of either a chicken curry, or a vegetarian curry, both served with rice of course, with a dessert. As this is a fund-raiser for The Carers Centre, there will be our ever popular raffle too.

The cost will be £8 per head and will be by ticket only, as we have to have accurate numbers to help with the catering. We don't want to run out of food, or have a silly amount left over either! Tickets are available from The Carers Centre, either by dropping in, or by phoning 0116 2510999, or emailing [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk).

I am certain it will be great evening and a lovely way to start the build-up to Christmas, so we look forward to seeing you there.

Babs

## Adjusting to Alzheimer's - Amy's Story

I remember the day exactly. It was a sunny day in June 2014 and I was at the memory clinic with my parents waiting for Dad to see a specialist consultant. Despite the fact we were at the memory clinic I have to confess I didn't think that there was anything much to worry about - and then we went into the appointment. The specialist pulled no punches and went straight to the point. My beloved Dad had early onset Alzheimer's disease, aged just 57. Everything went into slow motion and I could feel my heart beating in my chest as if it might explode. Then, I realised that the specialist was still talking, and I had to physically pull myself back into reality to listen to what he was saying. Dad was eerily calm. In hindsight this makes sense as he'd been living with the symptoms for a while by the time he was diagnosed. I remember asking lots of questions, trying to glean as much as I could from the specialist while we were there. I remember the journey home, my mind racing... I remember thinking "what is Alzheimer's?", "what do we do?", "how do I help?" the questions were endless. When I got home, I made a plan to find out as much as I possibly could about Alzheimer's. I am a researcher and have always worked on the basis that "knowledge is power". Cue multiple visits to the University library, meetings with academics who work in the area, joining the Alzheimer's Society memory café's (later becoming a volunteer) and lots and lots of time on the internet. Adjusting has been difficult for all of us - not just Dad.

A few weeks after joining in with various memory café's in Leicester I was told about the 'Caring with Confidence' course run by the Carer's Centre. I was delighted to be allowed to join in and even took my Mum along to one of the sessions. What we learned there has been absolutely invaluable. I found out very quickly that academic research can only tell you part of the story. If we were going to support each other properly, we needed to hear how real people deal with the real day-to-day challenges that dementia brings. During the sessions we talked about all sorts of things from



communication skills to dealing with stress. There were so many things I didn't know that I needed to know, so the course was a real eye opener. I won't pretend it wasn't difficult but I felt really comfortable talking to the group. It was such a calm and friendly environment plus we knew that everything we shared would be treated sensitively and confidentially. It really was inspiring. The course facilitators were amazing, but by far the most useful thing for us was listening to other people's experiences. You just can't place a value on learning from people further along the journey than yourself. The network of support we have had from the Carer's Centre has been fantastic and, combined with help from our extended family, we are all adjusting to how our lives have changed. We know that there are more challenges ahead but we're ready.

Dr Amy Burrell

## **Would you like to be involved in educating and shaping the next generation of dietitians?**

Each year, around 30 students start the 4-year dietetics degree at the Sutton Bonington campus (Nottingham University). On completion, students can apply for registration as a dietitian in the UK.

The teaching team are hoping to identify service users and carers that may be interested in having a small involvement in course delivery. It is hoped that involving people with experience of illness and disability, will enable the dietetic workforce of the future to provide care centred on the needs and wishes of service users.

### **How could I be involved?**

Your role would be to provide a different perspective, which can inform and enhance learning. You could be involved in the following:

**Teaching and learning:** This could be face to face, or remote.

**Assessment:** For example, helping to provide student feedback about communication within a role play scenario.

**Student selection:** Helping to ensure that students with the right qualities are recruited

### **What skills would I need?**

Your experience of being at the receiving end of services or of caring for others is all that is needed.

### **What is the time commitment?**

We anticipate that each service user/carer might participate in 1 or 2 activities a year, face to face, or through remote involvement.

### **Payment and expenses**

Payment is offered at a standard rate of £40/hour (or voucher equivalent). Travel expenses will be covered for any campus visits. Expenses only will be provided for training sessions.

If you would not mind being contacted (by your preferred means) a few times a year, please get in touch with Ruth Stow (Registered

Dietitian). When an activity is being planned, we will contact you with further details, so that you can choose whether or not you would like to be involved. There is no minimum requirement for involvement.

Email (preferred): [ruth.stow@nottingham.ac.uk](mailto:ruth.stow@nottingham.ac.uk)

Tel: 0115 9516756

## **Next of Kin - Next to Nothing?**

There are many phrases in circulation that can do more harm than good. The term 'next of kin', like 'common law wife', are frequently used but need to be approached with caution.

Next of kin is commonly used, normally in the context of the person you wish to be informed of medical treatment, or who to contact in an emergency on work records. On admission to hospital you are asked who your next of kin is, and some hospitals have special cards on admission to identify the person. So what does it mean?

The real problem is that the term 'next of kin' has no legal definition and in reality no legally enforceable status. Historically it was taken to be your closest living relative. As times have changed and family relationships have become more complex, it may be quite different. Next of kin may mean a spouse, parent, child or close friend. It could be someone you live with, or someone you feel you can trust. However, that person cannot exercise your rights on your behalf. Your next of kin cannot demand to attend meetings if you are unable to do so, their views may be taken into account if you cannot make decisions for yourself, but there is no guarantee that will be the case.

If you are a loved one's 'next of kin' you have no rights that you can enforce. The Mental Health Act talks of the nearest relative, not next of kin. The Mental Capacity Act talks about 'best interests decisions' made as part of a team of people.

Trying to plan for the future inevitably has an element of planning for worst case scenario. At times of crisis, sudden illness, accident or other event it can be a very distressing and fraught time for everyone involved. Having to grapple with officialdom and bureaucracy when you are worried sick about someone close to you, makes a bad situation worse.

Since 2007 the Mental Capacity Act has introduced the concept and power of Lasting Powers of Attorney (LPA), these are two distinct instruments. One nominates a person to make decisions about financial decisions for someone who lacks capacity. The other nominates a person to manage health and care decisions, such as where someone should live, what medical treatment should be provided and who can decide. The only snag is that you have to have capacity to make an LPA. Leaving it too late can cause heartache, stress, delay and significant expense.

For anyone in a caring role you should give serious consideration about LPAs. Not only for the person being cared for, but also the person doing the caring. By being proactive now, making wishes, feelings and views clear before a crisis occurs is a really positive step.

Don't rely on being 'next of kin' because in many cases this will prove to be empty words only.

Take the opportunity to call Richard Lockwood for a free discussion about how LPAs can prevent a crisis becoming a disaster on 0116 243 2200 or 0771 229 8779.



# **SNIPPETS**

## **Like us - The Carers Centre is now on Facebook!**

For regular updates and a chance to feed back your comments to us, why not look up “The Carers Centre Leicestershire and Rutland” on Facebook, or “like” us from our website page. [www.claspthecarerscentre.org.uk](http://www.claspthecarerscentre.org.uk)

## **Contact Information**

The Carers Centre  
Leicestershire and Rutland  
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7 Constitution Hill, Leicester. LE1 1PL

T: 0116 251 0999

E: [enquiries@claspthecarerscentre.org.uk](mailto:enquiries@claspthecarerscentre.org.uk)

W: [www.claspthecarescentre.org.uk](http://www.claspthecarescentre.org.uk)

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