



c/o Care Alliance Ireland, Coleraine House, Coleraine Street, Dublin 7, Ireland
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Press Release – 14th June 2022 (For Immediate Release)

FORMER FAMILY CARERS INVITED TO REQUEST BOOKLET TO SUPPORT THEM POST-CARING.

Updated Resource Available for Ireland's Former Family Carers – 67,000 People Become Former Family Carers Annually

As Carers Week continues across Ireland, former family carers are being encouraged to request a complimentary booklet to support them on their journey after caring ends. *The Way Ahead* booklet aims to support people whose caring has ended as they enter a new phase in their lives. When caring ends many family carers experience a range of emotions – grief, exhaustion, isolation – and a real void can emerge in their lives.

Angela Moore, from Dublin, cared for both her parents.

“As both their illness progressed I went from full-time work to part-time and then 6 years before they died I gave up work altogether to care for them in their own home. I am one of the lucky ones I got to be by their sides when they both died at home, within 13 weeks of each other.”

“Dementia is a horrific illness, but I can honestly say it was dealing with the system, the constant battle for services and supports that nearly broke me not their illnesses.”

Commenting on the booklet Angela said

“I found *The Way Ahead* booklet very helpful, it acknowledges the challenges people may face when their caring role ends, and also provides very useful links to other supports available”

Former family carers contributed to the creation of this resource. The booklet outlines options for returning to paid work, volunteering or further education, as well as online supports and counselling services.





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The booklet is being distributed to thousands of former family carers across the country by a number of not-for-profit organisations.

Liam O’Sullivan, Executive Director, Care Alliance Ireland, said:

“This resource will serve to support and guide former family carers, knowing that the care they provided for a family member will undoubtedly shape how they view and live their lives going forward.”

Ends.

Notes to the Editor:

Family carers are usually immediate relatives who provide very high levels of care, at home, for children and adults with severe disabilities, frail older people and people who are terminally ill.

Each year, family caring ends for at least 67,000 people in Ireland. Family caring ends generally following the death of a loved one or their admission into long-term care.

In collaboration with a number of former family carers and not-for-profit organisations, Care Alliance Ireland has produced a 56-page A5 Booklet aimed at former family carers.

This publication has been made possible thanks to support from the National Lottery and the Department of Rural and Community Development via Pobal.

The booklet has had “Plain English” applied and has been awarded the Plain English Mark by NALA.

The booklet is available free of charge to former family carers and available to download at www.carealliance.ie Hard copies can be requested by email info@carealliance.ie

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St. Michael's House
services for people with disabilities

