

Starting the journey: Support in the last six months

During the last six months of life, the following additional services have been designed to ensure that the needs of you and your family/carers are properly supported:

Services to meet patient needs (also known as respite care)

The practical tasks of caring for someone near to the end of life can seem daunting or tiring for some relatives and carers. This can lead to symptoms known as “carer fatigue”, where the role of caring for someone can also affect the health and quality of life of the carer. Without the proper support, this can mean that those they are caring for are not able to achieve their end of life wishes or end up feeling like a burden on their family or carer.

Short break services are available in Redbridge to support carers to carry on with daily activities, including work, leisure, and home life, to enable them to balance these with their caring responsibilities. These short break (or respite) services include home nursing services and day care facilities.

Disability Living Allowance or Attendance Allowance

People who are near to the end of life are entitled to claim the Disability Living Allowance (DLA) or Attendance Allowance (AA) more quickly e.g six months or less.

Further information is also available at www.gov.uk

Blue Badge scheme

The Blue Badge scheme provides parking concessions for people with severe walking difficulties so that they can leave their vehicles close to shops or other places they need to visit. The badge is issued to the person not the vehicle so it can be used for whichever car the individual is travelling in

To apply for a Blue Badge please speak to your key worker, GP, nurse specialist, alternatively contact Redbridge Adult Social Services.

Other End of Life Care factsheets which may be of interest:

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| Factsheet 1: Care in the last year of life |  | Factsheet 6: Care after death |  |
| Factsheet 2: Support in the last six months |  | Factsheet 7: Frequently Asked Questions |  |
| Factsheet 3: At every step of the journey |  | | |
| Factsheet 4: Approaching the final few weeks |  | | |
| Factsheet 5: Care in the last few days |  | | |