

Pathway 5: After Caring

Caring for someone before they die is a major task. When the person dies, there is grief and loss from the death but there is also the loss of the caring role that has shaped your priorities while caring. You may have not had time for work, friends or hobbies. Now your world has changed. The resources in this section are about you – understanding your feelings, managing grief and loss, and thinking about how to move forward into a new future.

Suggested Activities

After Caring Module

This module looks at what happens after the person you are caring for has died, practical matters that must be addressed and grief, loss and the future.

<https://www.carerhelp.com.au/Portals/16/Captivate/After%20caring/index.html>

View Grief Video

Watch this video where Chris Hall talks about grief and provides suggestions for managing your grief.

<https://www.carerhelp.com.au/tabid/5872/Default.aspx>

Key Resources

The resources available below are relevant to this pathway. Most will have a PDF version you can print or save to your device. If you need help now, call the numbers listed.

CarerHelp is here when you need it.
www.carerhelp.com.au

