

CARING WITH CONFIDENCE

PATIENT INFORMATION



Carers Support Centre
Bristol & South Gloucestershire

Caring with Confidence is a course specifically designed for carers. Caring for a family member or friend can be a rewarding and fulfilling experience. However, it can also be stressful, tiring and isolating at times. Caring with Confidence gives carers a safe space to discuss these issues, to share information and knowledge and to learn new skills.

The course aims to:

- Enable carers to feel more confident in making decisions about their caring role
- Encourage carers to be aware of and to look after their own mental and physical health
- Reduce isolation
- Provide information about practical and/or financial support for carers
- Introduce participants to a range of ideas and techniques to help them improve their levels of self-esteem and self-confidence.

About the sessions

The course is made up of five weekly sessions each lasting 2 hours;

1. Juggling Life & Caring

- Personal stock take
- Getting a balance
- Time management
- Action planning

2. Stress Management & Relaxation

- Challenges & rewards of caring
- Identifying symptoms of stress
- The stress cycle
- Problem solving
- Stress management
- Relaxation techniques

3. Good Health for Carers

- What is good health?
- Benefits of good health
- Carers MOT
- Healthy eating
- Physical fitness

4. Rights & Resources

- Legislation relating to carers
- Carers assessments
- Identifying current resources
- Local & national resources
- Financial support

5. Effective Communication

- Different ways of communicating
- Working with Professionals
- Assertiveness
- Dealing with difficult issues

What will it be like?

The course is delivered in a friendly and relaxed style. Participants are encouraged to share ideas and information, but nobody has to say or join in anything they don't want to. There will be a maximum of 12 carers on the course.

Each participant will be given a folder at the start of the course and handouts each week. You can make your own notes too if you want to and spare paper and pens will be available for this.

Participants are expected to attend all 5 sessions if possible, but we do understand that for carers this is sometimes difficult. If you are unable to attend any sessions just let CarersLine know as soon as possible.

If you have any queries about the course or would like to discuss any aspect of it please contact CarersLine on

T: 0117 9652200

E: carersline@carerssupportcentre.org.uk