

How can it help you?

People who have taken part in a 'Looking After Me' Carers Course have reported that it has helped them to:

- Feel confident and more in control of their life
- Manage their caring situation more effectively
- Be realistic about the impact of their caring situation on themselves and their family
- Develop more effective relationships with health and care professionals
- Use their skills and knowledge to lead a fuller life



"The group worked. It was two way – I gained and I could also give."



"It was almost like someone gave me permission to think about myself and what I wanted."



"I started the course as a lone carer and left at the end of the course with so many new friends."



A FREE COURSE for carers

When you're caring
for others,
who's caring for you?

For details about courses
in your area contact:

Stephen Rabbitts
Carers Project Co-ordinator
Carers Development Team
South Essex Partnership
University NHS Foundation Trust
Telephone: 01277 265354

EPPD/005/09



Learn to manage
the day-to-day issues
associated with
caring for someone
who has a long-term
health condition.



Expert Patients
Programme
Community Interest Company

www.expertpatients.co.uk

Or visit
www.expertpatients.co.uk

Course information

What is the EPP CIC 'Looking After Me' Carers Course?

The 'Looking After Me' Carers Course is a **FREE** course for adults who care for someone living with a long-term health condition or disability.

The course is about you making time to look after your own health needs.

It aims to help you to take more control of your situation and make a difference to your life.

The course looks at:

- Relaxation techniques
- Dealing with tiredness
- Healthy eating
- Coping with feelings of depression
- Communicating with family, friends and healthcare professionals
- Planning for the future

The 'Looking After Me' Carers Course does not cover carers' rights or benefits, or practical caring skills such as lifting and handling, although there will be information available on these topics on a resource table.

Who can take part?

Any adult who gives help to a relative or friend who is ill, disabled, elderly, or in need of emotional support – i.e. any carer and is aimed particularly at adults caring for other adults. Carers of children with life-long and life-limiting conditions will not be turned away, but may find the Supporting Parents Programme to be more appropriate.

Practicalities

The 'Looking After Me' Carers Course is led by trained tutors who themselves have experience of caring for a relative or friend. The course is run over 6 weekly sessions, each lasting about 2 hours 30 mins.



How can it help you?

By taking part in a 'Looking After Me' Carers Course, you will:

- Learn new skills to help you to cope with your caring situation
- Develop the confidence to take more control of your life
- Meet with others who share similar experiences