



Caring about carers – a day workshop

Introduction

In our roles as workers we use carer's assessment in assessing the needs of carers and providing services to meet their needs. But carer's assessment works best when it is based on knowledge of the carer's feelings and hopes and concerns about the future. These feelings are often conflictual and can be manifested in a complex mix of anger and frustration directed at service providers and loved ones. Carers often need opportunities to understand and express these feelings in order that a carers assessment and the implementation of a care package can be as effective as possible/

Using techniques based on counselling, as well as management of emotional space we will explore how to create and sustain relationships which respect the rights and concerns of both service users and carers. We will explore how to understand the inner needs of carers, including their spiritual needs and hopes and concerns for the future, for example over potential separation and loss as loved ones enter a care setting. In this way the workshop will enable those involved in working with carers to develop their confidence in working in this complex area.

Target Group

The workshop will be of particular help for staff working with:

- Carers Assessment
- Nearest Relatives under the Mental Health Act
- Implementing home care packages and direct payments

Learning Outcomes:

By the end of the programme delegates will have a greater understanding of:

- Getting to know the carer – exploring sensitive issues.
- The caring relationship - understanding complex and conflicting emotions.
- Empowering carers to express their needs and hopes for the future.
- Understanding and meeting the spiritual needs of carers.
- Separation and loss in the caring relationship.
- Undertaking a meaningful carers assessment
- Creating and implementing a successful care package.
- Creating and sustaining positive relationships.
- Working in partnership with carers and service users.
- Understanding potential signs of abuse.