



Self Management for Life Carers

Improving carers' health and wellbeing

The Self Management for Life Carers course is about carers making time to look after their own health and wellbeing. It aims to help them develop self-management skills to take more control of their situation and lead fuller lives.

Programmes are delivered by fully-trained peer tutors who have experience of being a carer themselves and have previously attended a **self management uk** course.

Carers learn new skills to help them cope with their caring situation and develop their confidence to self-manage. The programme also helps carers develop more effective relationships with health and social care professionals.

We work in partnership with commissioners and healthcare professionals to identify carers who will benefit most from self-management support and deliver the best outcomes.

Self Management for Life Carers



For This programme is aimed at carers looking after people with a long-term condition

Course Type 6 week course • 3 hours per week • Up to 16 participants

Benefits to carers

- + Feel more confident in your role as a carer
- + Learn skills and techniques to manage day-to-day challenges
- + Communicate better with healthcare professionals
- + Improve your own health and wellbeing
- + Socialise and share your experience with other carers

Benefits to commissioners

Carers who self-manage are less likely to develop health problems as a result of their caring situation. Carers who look after their own health may be able to continue caring for longer so that those they care for are less likely to need long-term/specialised care

Course Content Overview



The course is led by experienced facilitators, who have first-hand experience of what it is like to care for someone with a long-term condition. It is delivered over 6 weekly sessions lasting three hours each. It offers practical solutions and techniques to support carers and the people they care for.

Topics covered:

- + Dealing with stress and relaxation techniques
- + Looking after yourself
- + Communicating better with family and health and social care professionals
- + Being confident to take more control of your life
- + Planning for the future
- + Strategies for coping with the pressures of being a carer

For all your self-management needs, call us on 03333 445 840, email us at hello@selfmanagementuk.org or visit us at www.selfmanagementuk.org