Walsall Healthcare **NHS**
NHS Trust

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

Caring for Me and You
Carer's Course
Learn new skills to help
you to cope with your caring
situation.

We can help

01922 605490

All courses are free of charge

For more information about the
'Caring for Me and You' Carer's Course,
please call 01922 605490 or email:
selfcare@walsallhealthcare.nhs.uk

@WalsallHcareNHS

What is the 'Caring for Me and You' Carer's Course?

The 'Caring for Me and You' Carer's Course is a free course for adults who care for someone, a child or another adult, who is living with a long-term health condition or disability. As its name implies, the course is about you making time to look after your own health needs. It aims to help you take more control of your situation and make a difference to your life.
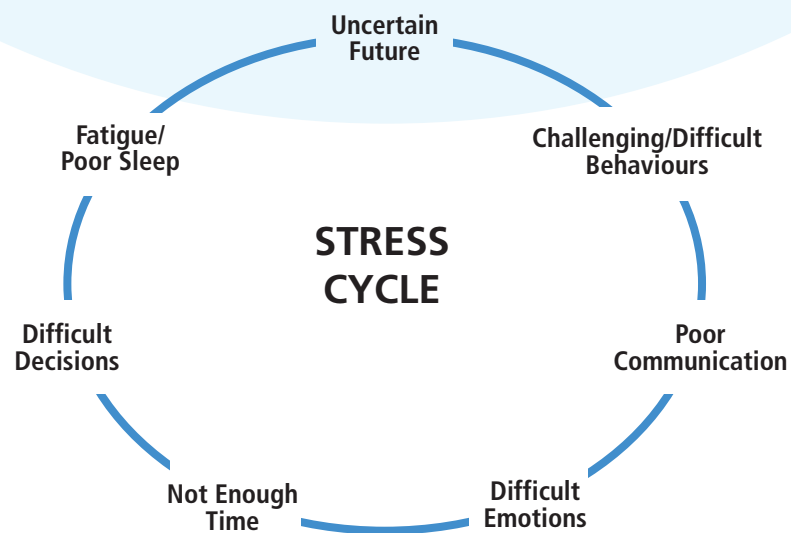
The course is free and consists of 6 weekly sessions – each lasting two and a half hours. The weekly sessions provide information on specific topics such as:

•   Understanding Challenging Behaviours
•   Coping with difficult thoughts and emotions
•   Staying Healthy
•   How to get help
•   Getting a Good Night's Sleep
•   Future Planning/Legal Issues
•   Work with Health and Social Care Professionals
•   Relaxation Techniques

People who have taken part in a 'Caring for Me and You' Carer's Course have reported that it has helped them to:

•   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

•   Meet with others and share similar experiences

•   Feel more confident

STRESS CYCLE

Uncertain Future

Challenging/Difficult Behaviours

Fatigue/Poor Sleep

Poor Communication

Difficult Decisions

Difficult Emotions

Not Enough Time

Carer's Tool Box

Behaviour Diary	Problem Solving
Thoughtful Breathing	Decision Making
Getting Help	Action Planning
Understanding Emotions	Managing Fatigue
Planning	Communication
Staying Healthy	Using Your Mind
Sleep	Working with Health Professionals