People who have taken part in a 'Caring for Me and You' Carer's Programme 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 and to know they are not coping alone

- Feel more confident when making difficult decisions

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

We can help
01922 605490

All programmes are free of charge

For more information about the 'Caring for Me and You' Carer's Programme please call:
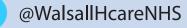**01922 605490**

or email:
wht.selfcare@nhs.net

'Caring for Me and You' Carer's Programme

Learn new skills to help you to cope with your caring situation.

Walsall Healthcare
Self Care
Management

  @WalsallHcareNHS

www.walsallhealthcare.nhs.uk

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

The 'Caring for Me and You' Carer's Programme 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 programme 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 programme 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
- Dealing with Difficult Thoughts and Emotions
- Staying Healthy
- Getting Help
- Tools for getting a Good Night's Sleep/ Improving Fatigue
- Future Planning/Legal Issues
- Work with Health and Social Care Professionals
- Relaxation Techniques

Carer's Tool Box

Behaviour Diary

Thoughtful Breathing

Getting Help

Understanding Emotions

Planning

Staying Healthy

Sleep

Problem Solving

Decision Making

Action Planning

Managing Fatigue

Communication

Using Your Mind

Working with Health Professionals

Stress Cycle

- Uncertain Future
- Challenging/ Difficult Behaviours
- Poor Communication
- Difficult Emotions
- Not Enough Time
- Difficult Decisions
- Fatigue/ Poor Sleep