



Workshops to explore the challenges and rewards of caring for an older person

As the population ages, more people are sharing in the life of an older person. Their input is essential if older people are to remain as independent as possible while also adapting to the emotional, health, financial and practical challenges that ageing brings. Many informal carers are living some distance from the older person they support and others are finding that increased contact has had an impact on their day-to-day pattern of living and their work or family relationships.

Caring for Elders offers workplace or community-based workshops that give carers the opportunity to reflect on how this role is blending with the rest of their life and to help them plan for the future.

The workshops include practical advice, tools and techniques to improve the way carers incorporate their caring responsibility into their life, including managing their work-life balance. For many their caring role may have come about without warning and may be growing beyond their expectations. With increased knowledge and confidence the relationship can be supported to develop into one that is rewarding for both parties, helping in maintaining independence and reducing mutual anxiety.

Facilitator

Beverly Jones is a nationally recognised motivational speaker and trainer with personal experience of supporting older family members alongside her roles as full time employee, spouse and mother of three. She established Caring for Elders in 2012 with two colleagues to provide peer to peer support for people who provide unpaid care and support to older people. For more information on who we are and what we do visit our website: www.caring4eldersuk.org.uk

Workshop Outline

We offer a flexible programme for delegates to share ideas and develop practical responses, and which leaves a peer-to-peer support network legacy:

Workshop 1 : Introduction: Exploring the pressures and challenges that people may be experiencing and looking at how time management tools can help balance existing roles and responsibilities with the changes required to support an older person.

Workshop 2 : Tools and Techniques: Practical support to help with managing the caring role, including group work and tailored prompts for managing difficult conversations with the older person/family members. Signposting to further information and support in areas identified by the group as important.

Workshop 3: Builds on earlier workshops to embed peer to peer support and dynamic problem solving, with areas for discussion driven by the priorities of the workshop delegates.

Workshops can be delivered individually or as a series of three, either at lunchtime or, if preferred, before or after core working hours. The cost is £200* for one workshop or £500* for the suite of three.

We also offer a half day (3 hour) combined workshop incorporating all three sessions at a cost of £350*.

If you would like a more bespoke design we can tailor workshops or targeted talks to suit your needs. Contact us on office@caringforeldersuk.org.uk or 01223 522393 to discuss your needs.

* Early bird discounts apply for workshops booked before the end of 2017.