



About Me: building resilience for caring

Caring for someone can be very rewarding, but it can also take its toll, both physically and emotionally, whether you are looking after an older parent, caring for a disabled child, are a young carer or caring at distance.

This course aims to help carers identify and find resources and sources of support including technology, in order to prevent their caring responsibilities from becoming overwhelming.



The interactive learning materials also describe the symptoms of – and suggest strategies for coping with – stress, including tips for staying healthy and managing time effectively.

The course will help carers find ways to support their own health and wellbeing, and reduce the impacts of caring.

The online materials include quizzes, activities and checklists to help reinforce learning as carers work through each topic.

Topics covered include:

- how to build up a network of help and support
- how to find local resources and services
- identifying other areas of support, such as social services
- how to find financial support such as benefits for you and the person you look after
- what your rights are in the workplace
- the advantages of using new technology to support you in your caring role
- identifying the symptoms of stress and developing coping strategies
- how to acknowledge and accept your feelings
- tips for staying healthy
- how to manage your time more effectively
- how to develop strategies to help you to get all the sleep you need

carersuk.org/e-learning

For more information contact us at: digital.products@carersuk.org