

About Me: Building Resilience for Caring

Caring for someone can be valuable and rewarding, but without adequate assistance and support, carers can become stressed and tired out, emotionally and physically.

Caring can also have health, financial and social effects.

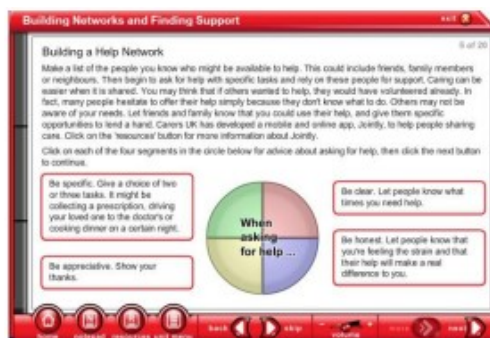
This course, About Me: Building Resilience for Caring, aims to help learners to identify and find resources, technologies and sources of support in order to prevent their caring responsibilities from becoming overwhelming.

Consisting of two study units, 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 online materials include quizzes, activities and checklists to help reinforce learning as students work through each topic. In addition, learners will be asked to take an online assessment to check their knowledge on completion of the course.

Topics covered include:

- How to build up a network of help and support
- How to find community resources
- Identifying other areas of support, such as social services
- How to find financial support such as benefits
- 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



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