

Carer Awareness: Supporting Frontline Practice

Whatever your role, if you are working with people who are ill, older or disabled, then you will also be working with the people who support them – whether that is a family member, friend or neighbour. They in turn need support in order to carry out their responsibilities effectively.

Comprised of two study units, this course, Carer Awareness: Supporting Frontline Practice, aims to clarify how carers can be identified and describe what being a carer entails. It will also help learners to understand the impact caring for others can have and enable them to deliver more targeted support when necessary.

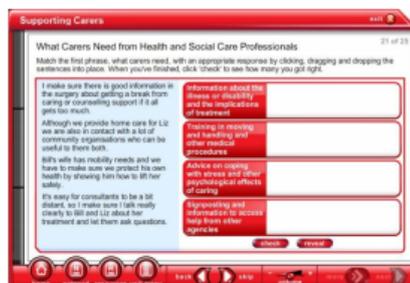
- **Who Are Carers?** This unit helps learners to identify carers and appreciate what the role entails. It also explores how caring for someone can affect everyday life. It concludes by providing some facts and figures about the people who adopt a caring role.
- **Supporting Carers.** This unit examines further the impact that caring for someone can have, whether it be on their health, finances and wellbeing. It will also help learners to understand carers' rights, the Government's National Carers' Strategy and what these mean in practice. To conclude, the unit suggests ways in which learners can deliver more targeted support to carers based on the information provided in the course.

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 identify carers
- Defining what it is to be a carer
- Some facts, figures and statistics about carers
- The impact of caring and how to identify when carers need more support
- Carers' rights and what they mean for good practice · delivering more targeted support to carers.



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