



Carers Support Programme

Do you look after someone?

Are you helping someone with daily activities?
You might be helping with meals, taking medication
or helping someone get out and about

You are an unpaid carer

St John Ambulance offers a free support programme
for carers, to help you look after someone

Who is an unpaid carer?

An unpaid carer helps to look after another person, and receives no wage. The person you look after could be someone in your family, a partner, neighbour or a friend. No one plans to become an unpaid carer, and taking on the role brings extra responsibilities.



An unpaid carer might help someone by getting them in/out of bed or a chair, making a meal, helping them with shopping or reminding them about their medication. No matter who you care for, unpaid carers share the same basic needs of support.

Caring for a loved one isn't always easy

To care safely, unpaid carers need to maintain their own physical and mental health and wellbeing. Most people who look after someone have little prior experience and often fall into the role, without realising the stresses involved, or that support is available, particularly when dealing with an emergency or crisis.

Research has shown that unpaid carers can suffer from a range of ailments, such as:

- back injuries from manual handling
- stress-related illness
- isolation and exhaustion.

What will you learn?

The Carers Support Programme is dedicated to improving the health and wellbeing of unpaid carers and the people that they care for. The programme provides support, advice and training, the sessions will give you emotional and practical support in caring for those you look after, and yourself. Our aim is to remove the stresses and strains of looking after someone. The sessions will also enable you to meet others with similar experiences, offering mutual support and understanding.

'I have more knowledge on how to deal with many situations if they arise, and where to go for help when things get too much' An unpaid carer, Dorset

Programme content

- **A carer's role** - principles of looking after someone based on individual daily activities. Subjects covered include staying well physically, nutrition, hydration, hygiene, crisis management and managing medication
- **Prevention of falls** - explanations as to why falls happen and how to prevent them. What to do if someone has fallen, how they get up, and what to do if they can't
- **First aid** - essential first aid training, what to do if someone chokes, treating cuts and grazes, sprains and strains and what to do in an emergency
- **Managing continence** - good bladder and bowel habits, acute and chronic problems and treatment, ways of coping with incontinence with examples of continence materials
- **Safer handling** - helping people to move. Advice on back care and prevention of injury, learning how to make moving people easier, with examples of equipment
- **Stress management** - techniques to recognise and manage daily stresses. Easy relaxation techniques
- **Memory loss in older people** - advice on recognising and coping with changes in memory. The diagnosis process and coping strategies dealing with difficult behaviours
- **Support networks** - signposting to national and local services and agencies set up to provide you with further practical and emotional support.

The programme consists of four free weekly sessions, delivered in the morning, over four consecutive weeks. Sessions run from 10.00am - 1.00pm. Each session includes refreshments, and time to chat and relax.

We welcome your attendance at all sessions.

'I didn't realise there is so much support for carers - attending this programme has made a huge difference to my life. The guilt is finally going'
An unpaid carer, Somerset

The next course is to be held in Ferndown.
The Village Hall, Church Road, Ferndown Dorset BH22 9ET

Session dates are:
Mondays 3, 10, 17 & 24 March 2014

Sessions run 10.00am - 1.00pm

For further information on the Carers Support Programme including dates and locations of courses available, or if you wish to book a place, please contact Kerry Course.

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