

How can it help you?

By taking part in a **Looking after Me** course, you will:

- learn new skills to help you to cope with your caring situation
- develop the confidence to take more control of your life
- meet with others who share similar experiences

“It is almost like someone gave me permission to think about myself and what I wanted”

People who have taken part in a **Looking after Me** course have reported that it has helped them to:

- feel confident and more in control of their life
- managed their caring situation more effectively
- be realistic about the impact of their caring situation on themselves and their family
- develop more effective relationships with health and care professionals
- use their skills and knowledge to lead a fuller life

“I started the course as a lone carer and left at the end of the course with so many new friends”

For details about the next self-management course

in your area contact

0800 073 0792

Email : d-pc.epp@nhs.net

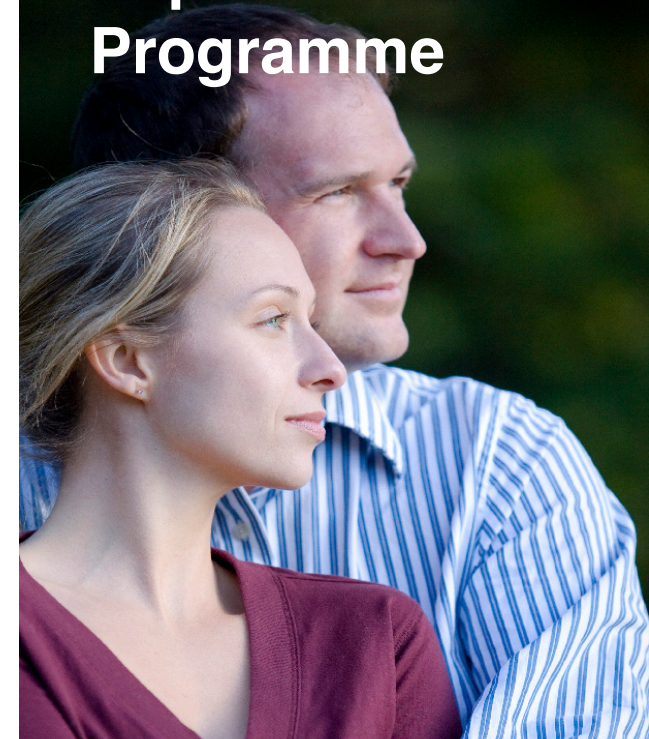
or visit

www.expertpatients.nhs.uk

Please note:

Looking after Me is aimed particularly at adults caring for other adults. Carers of children with long term health conditions or disabilities will not be turned away but may find a new course currently being piloted for parents/guardians to be more appropriate.

Expert Patients Programme



- Do you look after someone?
- Is your health affected?
- Would you like to feel more in control?

Then

Looking after Me
is for you!

Looking after Me

What is the Expert Patients Programme (EPP) Looking after Me Course?

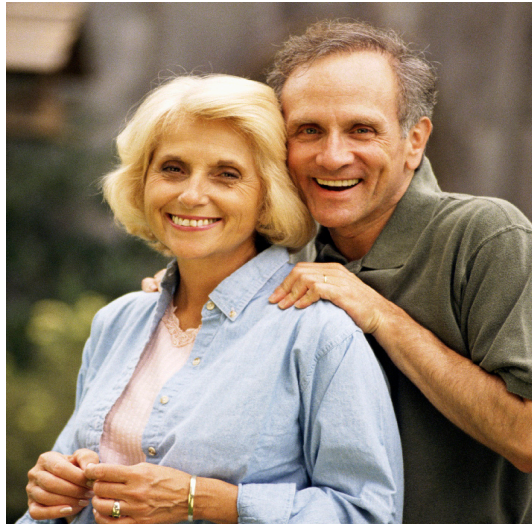
Looking after Me is a free course for adults who care for someone living with a long term health condition or disability.

As its name implies, the course is about you making time to look after your own health needs. Its aim is to help you take more control of your situation and make a difference to your life.

The course looks at:

- relaxation techniques
- dealing with tiredness
- exercise
- healthy eating
- coping with depression
- communicating with family, friends and professionals
- planning for the future

Looking after me does not cover carers' rights or benefits, nor practical caring skills such as lifting and handling, although there will be information available on these topics.



Who can take part?

Any adult who has any long-term health conditions themselves, (such as epilepsy, heart disease, arthritis, M.S, asthma, diabetes, endometriosis, mental health problems and many more) **and** who gives help to a relative or friend who is ill, disabled, elderly or in need of emotional support (in other words, they are a Carer)

OR

any adult who is a Carer and whose health is affected by this (back injury, stress related illnesses, psychological ill-health, for example

“I was feeling very depressed but the course helped me to find ways to think positively. I have been able to plan for the future and feel less tired and drained”

Practicalities

Looking after Me is led by trained tutors who themselves have experience of caring for a relative. The course is run over six weekly half-day sessions (including coffee/tea and lunch breaks. Refreshments are provided free of charge.

“The group worked. It was two way - I gained and I could also give”