

What is caring with confidence?

Caring with Confidence is a programme of 5 themed group sessions for carers to meet and share experiences in a structured yet informal setting. Each session is led by a trained facilitator and lasts for 3 hours. Carers are encouraged to learn and participate in a positive way through group activities in order to build on their strengths and learn from other carers in similar situations.

Session themes:

Caring and Life

Caring and Communicating

Caring and Coping

Caring and Resources

Caring Day to Day

Specific sessions:

Caring for someone living with dementia

This is a rolling programme, so check with us when it is coming to a venue near you.

We can help with alternative care costs and transport should you need it to attend a session.

www.carersinherts.org.uk

You can book a place from our website, email us or call us:
www.carersinherts.org.uk/events
learning@carersinherts.org.uk

01992 58 69 69

CARING WITH CONFIDENCE

Carers in Hertfordshire
The Red House
119 Fore St
Hertford
SG14 1AX

*Making
Carers Count*

charity registration number 1085491



CARING WITH CONFIDENCE

FOR FAMILY CARERS

Giving you the **Knowledge and skills** to make a **positive difference** to your life and to the lives of the people you care for



Company Limited by Guarantee. Registration number 4131036 (England and Wales)

Caring and Life

Encourages you to consider the balance between your caring role and the rest of your life. Helps you to recognise your own strengths and explore some ambitions of your own. Looks at approaches to help you make positive changes to your life.

Caring and Communicating

How to get the best from communicating with service providers and professionals. Gain confidence and strategies in dealing with the professionals you meet with as a carer.

Caring for someone living with dementia

A pragmatic approach to looking at your experience of caring for someone with dementia. How you might manage the practical and emotional challenges faced.

Caring and Resources

How you can maximize your income and access to other resources which could save you money as a carer. Know about the main benefit entitlements available. Feel more confident about dealing with money and financial issues.

Caring and Coping

Explores some of the emotions involved with caring for someone. How does stress affect our thoughts feelings and behaviour. What strategies you use and could use to cope with stress more effectively. Plan how to cope with stress in the future.

Caring Day to Day

The essentials of caring for someone at home, from managing medications to emergencies at home. Information about managing emergencies and when to call in the help of the professional services.

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