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Learning and training
new developments

#stateofcaring
@carersuk
State of Caring 2018 survey:

Second priority for the NHS at 70 – give carers’ the training and learning to care safely and well

2018 – training and learning were most likely NOT to be considered during a carer’s assessment – 42% said this

Carers Action Plan: consultation raised training and learning as an issue

Better health and wellbeing is linked to stronger feelings of control
Learning for Living: Who is it for?

“I was out of my depth, everything was new” – relatively new to caring

“I’ve lost sight of myself” – isolated and lonely carers

“I consider myself to be an expert now” – long standing carers

“I can’t do the [paid] job that I did for years and need to rethink my future” – in work change to new career

“I’m at that point now when I’d like to return to work but have nothing to show for my years of caring” – returners

All carers; working, older, younger, etc.
Carers UK’s new learning resource

• Builds on work completed with City and Guilds

• Carer involvement then and now, including cross-cultural

• Creates a tailored environment for core learning, for carers

• Reinforces learning patterns by using examples

• Longer learning modules – more structured

• Designed to help carers to recognise and reflect upon the skills they have built up
Carers UK’s new learning resource

- Digital badge on completion of each module and final badge
- Open access and within Digital Resource for Carers
- Ready end of Summer
- Feedback strong from carers’ engagement
- Complements face-to-face training delivered locally, which is preferred by some
5 core elements to first section:

Could be done separately at different times

1. How do you learn?
2. Tuning in, communicating well
3. Standing firm
4. Envisioning your future
5. Planning for change

Taking module 1.......
How do you learn?

Select a lesson to begin.

- Welcome (2 MINS)
- Where does learning start? (2 MINS)
- What affects learning? (8 MINS)
- Remembering what you learn (2 MINS)
- How can you remember more? (10 MINS)
- Module wrap-up (2 MINS)

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Welcome

What you’ll learn

In this lesson you will learn to:

- Recognise what affects successful learning and remembering
- Identify the way you learn and remember
- Develop and practice learning and remembering skills that you can apply to your daily life

Select Play to find out more.

Play video
What affects learning?

Making time for learning

Think about a typical week and pull up your schedule. What do you do during the day?

Select each icon to learn more.
What affects learning?

Change is key

William’s situation has changed. Not only is he older, he also has a different motivation to learn to drive. He started caring for his mother, and she can no longer drive herself to the shops or to doctor’s appointments.

William goes back to driving lessons, and within three months passes his test the first time. This means he can take his mother shopping and to the hospital - along with short trips to see her friends.
Insecurity
Lack of confidence
Carers UK forthcoming learning:

- Wellbeing work to be delivered next year, funded by BUPA Foundation.
- Insight work completed and led by and with carers.
- Will complement these resources.
- Watch this space....

Carers UK Digital Resource for Carers

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