



You Care, We Care
Summer 2021

What's inside:

- Welcome
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- Carers stories
- News and info
- Health and wellbeing
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Save Paper, Save the Environment

Receive your copy of the magazine by email: contact **03456 434 435** also available online www.devoncarers.org.uk

www.devoncarers.org.uk
03456 434 435



we welcome

Welcome to the Devon Carers magazine!

For those of you new to Devon Carers, we support unpaid carers to maintain their health, wellbeing, and independence by providing the information and advice they need in their caring role.

Our services continue to look a little different as we work to keep carers and our staff safe during Covid-19:

Helpline: open from 8am to 6pm Monday to Friday, and 9am to 1pm Saturday, where you can talk to our advisors during these hours **03456 434 435**.

Webchat: with our Helpline during our opening hours by clicking on the 'Ask' button on **www.devoncarers.org.uk** Outside of these hours, automated answers will appear, which may answer your question, if not, our Helpline will answer your query during opening hours.

The Helpline is not able to offer medical advice. For the latest NHS information and advice visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Updated information is available concerning Covid-19 from the Government: **<https://www.gov.uk/coronavirus>**

If you become unwell and are worried about looking after the person you care for, contact **Care Direct 0345 1551 007**.

Website: with up to date information and guidance for unpaid carers: **www.devoncarers.org.uk**

Peer Support: If you haven't already accessed our Peer Support, now is the time to contact us, visit:

<https://devoncarers.org.uk/peer-support-during-social-isolation/> or call our **Helpline 03456 434 435**.

Training: our face to face training courses have been cancelled until further notice. If you would like to access an online course, visit our online training page:

<https://devoncarers.org.uk/online-courses/>

Health and Wellbeing Checks/Reviews (Carers

Assessments): will be carried out over the telephone where possible. We will only make home visits where this is essential, AND an individual risk assessment shows this is safe for carers and staff to do so. During any essential visits, we will observe social distancing, face covering and hand sanitising rules.

Please note: services are provided on behalf of Devon County Council, if you do not want your information recorded on their systems please inform our

Helpline 03456 434 435.

We welcome your thoughts regarding items you would like to see included in our future magazines. Please email us:

newsletter@devoncarers.org.uk

Hospital Services team win National Health Service Journal award



Our Hospital Services team has received a prestigious award for its 'outstanding contribution to healthcare' during the height of the pandemic.

The team was presented with the Health Service Journal System Led Support for Carers Award for supporting over 3,900 unpaid carers between April 2019 and January 2021, three

quarters of whom were not previously known to be carers.

Commissioned by Devon County Council and NHS Devon CCG, the Devon Carers team work alongside the Royal Devon and Exeter Hospital and North Devon and Torbay Hospitals, to identify where support is needed to help patients return home safely or to prevent hospital admissions.

Billy Hartstein, Head of Devon Carers, said: *"Thank you to the Health Service Journal judges for recognising the dedication and hard work of our Hospital Services team. As with all our services, unpaid carers, carer ambassadors and our partners at Devon County Council and the NHS Devon CCG, have worked with us throughout and have been instrumental in ensuring our carers Hospital Service is a success."*

"Since its inception, the project has supported almost 4,000 carers either in hospital themselves or their cared-for person being in hospital. Practical support has included arranging for the provision of white goods, 1:1 targeted support, access to the wider Carers Offer, and breaks. In the last year, over 775 admissions to hospital, and more than 250 re-admissions have been prevented, and over 550 discharges home were timelier. Each of these statistics alone is impressive, but during the pandemic, they have been even more important to achieve."

Sue Younger-Ross, Joint Carers Lead Devon County Council and NHS Devon Clinical Commissioning Group said: *"Our integrated approach to developing this service has resulted in this innovative project to support unpaid carers. We continually review and adapt the services we offer to ensure we meet the needs of carers and who they care for, providing the right help when they need it most."*

"It's an understatement to say that this year has been challenging. It has undoubtedly been one of the most demanding on record for the NHS and those who work in the health and care sector. To be recognised means a great deal to all involved."

The Health Services Journal judges commented: *"(Devon County Council and the NHS Devon CCG, the RD&E and Devon Carers) have shown extraordinary integration with the leadership of carers being critical to the work that has been achieved. There is a strong culture of trust and esteem across the system partners and their teams where carers are confident that commitments will be followed through. The programme produced outstanding health and wellbeing outcomes for carers and provided clear benefits to the sustainability of health and care services."*

carers week



Carers Week 7th - 13th June 2021

In this year's Carers Week, now, more than ever before, we need to ensure that we **Make Caring Visible and Valued***. Caring is something that will affect every one of us in our lifetime, whether we become an unpaid carer, or need care ourselves. This year, an increased number of carers are under more pressure than ever before and need our support. Everyone has a part to play in making sure carers are seen, heard and understood.

Carers make a huge contribution to their families, local communities, workplaces and society. Many don't think of themselves as having caring responsibilities, so by **Making Caring Visible and Valued**, we will help individuals to identify as carers and access support.

Our popular **a mile with a smile walk** will be returning, with everyone contributing steps to cover the 350 mile perimeter of Devon. Whether this is from walking in the back garden, or to the top of Haytor or seated exercise in your armchair, join us in raising awareness of carers. If you have friends, family members



or work colleagues who wish to form a team, the more the merrier and all with a smile!

Due to the uncertainty of progress through the COVID-19 Roadmap, this year's activities will take place virtually. However, if we are allowed to run some events face-to-face nearer the time, we will let you know!

The activities we have planned include:

- Knit 'n' natter
- Crafty kindness creations
- Reiki
- Tai chi
- Forest therapy walks
- Making and baking top tips
- Laughter yoga
- Musical performances
- Art and craft
- Pet show
- Armchair exercises
- Fun and games
- Yoga
- The wonder of wildlife and wellbeing
- Leather craft workshop (socially distanced and Covid-19 secure)
- Helping you in your caring role workshops
- British Sign Language (BSL) taster session
- Coming together for tea and cake (held face-to-face if Covid-19 Roadmap allows)
- Writing from within - improving wellbeing through expressive writing

Carers across Devon are continuing to face new challenges as a result of the pandemic, taking on more caring responsibilities, with many becoming carers for the first time. Every carer needs to be respected for all they are doing, recognised for the challenges they are experiencing and have access to support, information and understanding. Help us to **Make Caring Visible and Valued**, not just in Carers Week, but every week.



For the latest information about these activities and how to book, watch out for our updates on social media and our website: www.devoncarers.org.uk

***Make Caring Visible and Valued – Carers Week 21/Carers UK visit:**
<https://www.carersweek.org>

New carer friendly initiative launched across Devon

Carer Friendly Devon aims to ensure all unpaid carers across the county receive the recognition and support they need within their home, community and workplace.

This new Devon Carers initiative will be launched across Devon over the coming months, with two schemes aimed at communities and employers, both of which will benefit unpaid carers.

Sadie Clarke, Community Engagement Manager for Devon Carers commented: *“We have launched this initiative to encourage community organisations and employers to adapt their working practices, to help them recognise and assist carers when they are shopping, receiving a service, or are an employee within their business.”*

“By engaging directly with communities and employers, we believe it is possible to improve the lives of carers. All of our partners will display our Carer Friendly Devon window sticker and/or poster which confirms they understand the challenges carers face and have a carer friendly attitude.”

What is a Carer Friendly Devon Community?

It is a community who understands the needs of unpaid carers.

- A community who has considered what they can do to support carers to make life a little easier for them.
- A place which understands disability and illness and make small changes to reach carers and their families.
- They value the work of unpaid carers and its significance to the broader community.



What is a Carer Friendly Devon Employer?

Employers who build a positive and inclusive workplace for staff who are, or will become, unpaid carers and to make the most of the talents that carers can bring to the workforce. They:

- Recognise that carers provide a valuable role in supporting their friends, family and community.
- Understand that anyone at any level in their organisation could have a caring role at some time in their lives.
- Respond positively to carers in their workforce who may need support to enable them to balance their caring role with employment.

What are the benefits to carers?

- Recognition of your caring role in supporting your family and friends.
- You will receive a personalised Carer ID card.
- Others will have an awareness of your caring role.
- Carer Friendly Devon cardholders can receive offers and discounts (all participating organisations have the discretion to change their discounts and offers in relation to the scheme at any time).
- The Carer Friendly Devon logo will show you organisations who are there to help you.
- You will feel supported and valued by your employer and colleagues.
- Will enable you to continue with your dual role of caring and working.

Sadie Clarke, went on to say *“By working with communities and employers to become more carer friendly, we are hoping that even the smallest of changes will make a significant impact on improving carer’s lives.*

For more information about these initiatives, please contact our Helpline: **03456 434 435.**



Reaching out for support enabled carer to “see the bigger picture”

When you hear of a mother caring for their child, it is the most natural relationship. But when the fulltime care extends past childhood, into teenage years, adolescence and beyond, that creates a special bond, the unstinting devotion of someone who is both a mum and a carer.

Natalie Fisher is one such person, she continues to care for her young adult son Tyler, now 25, as she has throughout his life. It took Natalie a long time to recognise that she was a carer because as Tyler's mum, she'd accepted her role in looking after him from birth, without question.

Tyler was born with a complex number of conditions, an Unspecified Progressive Neurological Disorder, Parkinson's, Mixed Dystonia, Rigidity and Tremor, and Non-Progressive Optical Atrophy. He had a foot operation when he was seven which confined him to a wheelchair, unable to walk.

It was around five years ago, as Tyler became a young adult, that Natalie first contacted Devon Carers, having an introductory assessment meeting with one of their Carer Support Officers.

“I was hesitant to go along because I was so used to doing everything on my own,” said Natalie. “I didn't know how they could help or what they could do or offer me.”

At that point Natalie declined to receive any support, but two years later when in contact with their Carer Support Officer again she began to access a range of services that have proved beneficial to her and to Tyler.

Through Devon Carers she received a grant from their Carers Break Fund which enabled her to take some time out from her caring role. She said they have both benefitted from the support.

“He is really enjoying it. He is meeting other people, socialising, cooking, interacting. We'd been so used to spending time with each other, that letting go bit by bit has been hard, but it's made me feel a lot more positive about the future.”

Their Carer Support Officer phones Natalie regularly, providing a compassionate listening ear and good advice.

“To have somebody outside of the family circle who's not connected to you, but fully understands the situation, they have a different perspective, they can see things more clearly, the bigger picture that is not clouded with emotion.”

“You think you can do it all on your own and that you are strong enough. I am a strong woman but having someone you can talk

to openly is so refreshing. It can be a lonely and isolating world as a carer. The help and benefit to me has been greater than I thought it would be.

“It’s having someone on your side, who fights for you, and is in your corner – that makes such a difference. I think every carer should have a Carer Support Officer in their life.”

Why not contact us to request a Carers Assessment, to see how we can help support you in your caring role. Contact our Helpline us on **03456 434 435** or message us online by clicking on the 'Ask' button on our homepage www.devoncarers.org.uk

Top tips for looking after your mental health

COVID-19 has increased the pressures faced by unpaid carers. It is more important than ever to look after your mental health and wellbeing. In recognition of Mental Health Awareness Week 10th-16th May here are some recommended top tips for you.



Set aside some time for yourself: Caring can be demanding, so allow yourself some time (even if it is a few minutes) to recharge your batteries. Take a break, breathe in some fresh air or practice mindfulness. Why not book yourself onto one of our online relaxation and wellbeing in nature sessions, see the back of our magazine for dates or visit: <https://devoncarers.org.uk/online-courses/>



Stay connected to people who know you well: Reminisce over fond memories with friends. Arrange regular catch-ups (when Covid-19 allows), chat online or write a letter if you can't meet in person.



Talk to people you can trust: We all know the saying 'a problem shared is a problem halved'. Talking to someone who can listen and share your caring experiences may help you to feel less isolated. If you are unable to speak to your friends and family, consider joining our Peer Support Group to mutually share your experiences with other carers.



Be mindful of your own health needs: Don't ignore that niggling pain, constant headache or feeling that you can't cope. Speak to your doctor or medical practitioner. Your physical and mental health is just as important as the person's you care for.



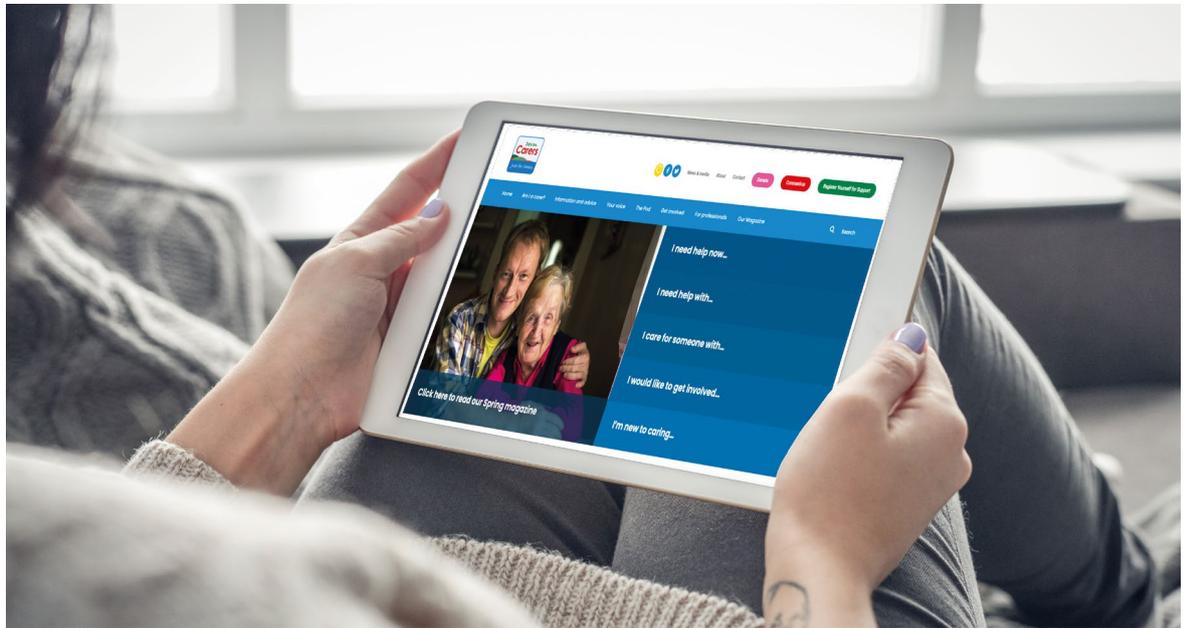
Try something new: Learning a new skill or taking on a challenge helps build our confidence and self-esteem. So pick up that tool, knitting needle, a packet of seeds or recipe book, who knows what you could create!

Tablet loan scheme launched

With the recent pandemic restrictions, more and more services are being provided online, and these are set to stay well into the future.

What if you don't have access to a device such as a tablet or aren't connected to the internet?

Our newly launched tablet loan scheme has been funded by the Devon County Council Carers Innovation Fund. You will be loaned a tablet through the scheme to 'try before you buy' and with this you will be able to; catch up with friends and family through video apps, correspond via email or social media, attend online training, order online shopping or take part in online hobbies. Not only will you learn new skills but it will also help you feel less isolated, build your confidence and become more independent.



The tablets will give you access to the internet (with a data limit) without needing to purchase broadband or wifi. If you need assistance to use your tablet, you can book an appointment with our IT Support expert, who will talk you through the basics and the online services you would like to use.

The loan of a tablet will be for up to two months, after which it will be returned, and we will talk through your experience and consider your next steps. You may wish to purchase your own tablet if it has been successful. Depending on your caring role, and if you are unable to self-fund, you might be able to access the Carers Break Fund, or where you have received funding from a personal budget following an assessment, to go towards the purchase if required.

For more information call our Helpline **03456 434 435**.

Update from Devon County Council

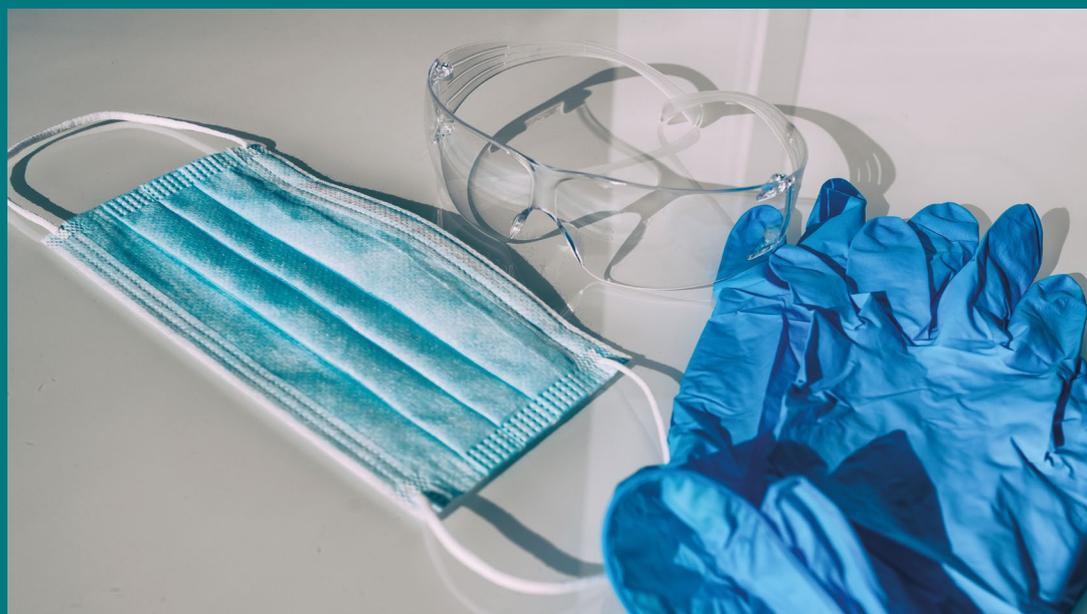
Carers can still access free Covid-19 PPE from Devon County Council using the existing online form found at www.devon.gov.uk/coronavirus-advice-in-devon/document/personal-protective-equipment-ppe-for-carers/ If you do not have access to the internet, please contact the Devon Carers Helpline on **03456 434 435**.

Covid-19 Testing

Testing continues to be rolled out across Devon with both community and home testing now available. If you have Covid-19 symptoms you should request a free NHS test (called a PCR test) from www.gov.uk/get-coronavirus-test and if you have no symptoms but want a test you should go to www.devon.gov.uk/coronavirus-advice-in-devon/document/coronavirus-testing-in-devon/#if-you-do-not-have-covid-19-symptoms where there is a lot of information to help you in making a decision. If you do not have access to the internet, please contact the Helpline on **0345 155 1015**.

Covid-19 Vaccination

The UK Government released its 'Standard Operating Procedure' in March for the roll-out of vaccinations for carers. Carers are considered to be part of the category 6 group and should start being contacted for a vaccination immediately. Carers may be invited to either a mass-vaccination centre or to a local one run by their GP, it is the carer's choice as to which they attend.



Up to date information on the vaccine in Devon can be found on the Devon County Council website www.devon.gov.uk/coronavirus-advice-in-devon/keeping-safe-well/#covid-19-vaccine

Carers' stories shared on BBC Radio Devon

Carers recently had the opportunity to share personal stories about their daily caring roles on BBC Radio Devon as part of a mini-series. These stories of everyday experiences were heart-warming and inspiring.



With unpaid carer numbers increasing as a result of Covid-19 to over 130,000 in Devon alone, many of whom are new to caring, the mini-series was run in partnership with BBC Radio Devon, to raise awareness of carers. They told stories of their support for those they care for, but also of isolation, increased

mental health issues and wellbeing concerns. There has never been a more relevant time to widen our reach, not only to carers who are aware of our services but also to new carers, including those from a wide range of diverse communities.

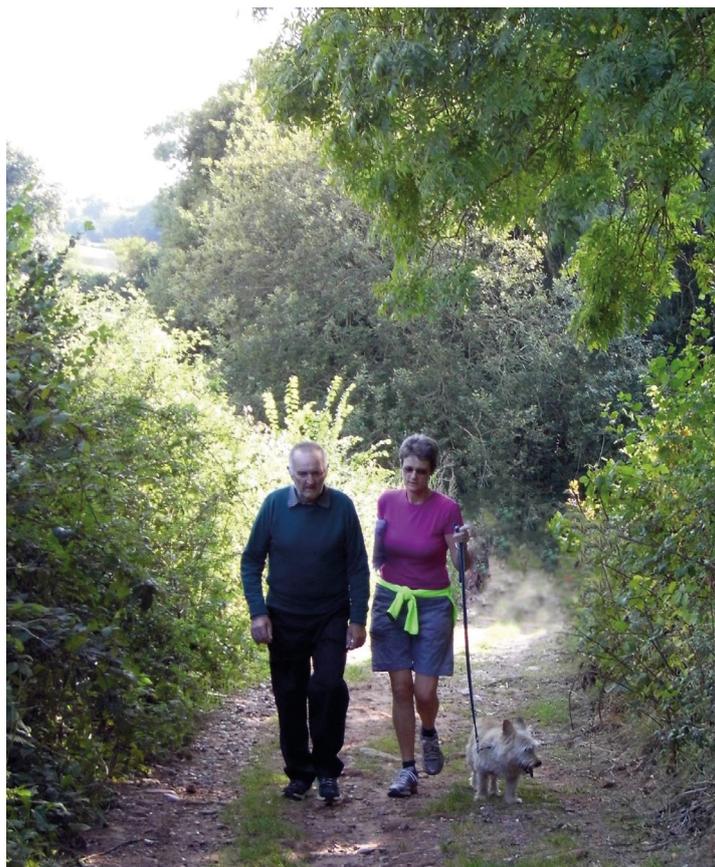
We have recognised several community groups with who we are keen to work more closely. These include carers who may identify as being from; ethnic minority backgrounds, those who are LGBTQ+, are disabled, or from rural communities, male carers, working carers, gypsy and traveller carers, carers of those who have substance misuse or alcohol problems and young adult carers.

Our Community Engagement Team are increasing their focus on working with organisations who have direct links with these specific communities, to enable us to help identify more carers and to make them aware of the support services we offer.

We are strengthening our support services by striving to meet the needs of all carers across our diverse county, keeping carers at the heart of everything that we do. This will include training for staff and carers, new support groups and providing information and the resources to make our services more accessible.

If you or anybody you know is an unpaid carer who supports a family member, friend or neighbour who couldn't manage on their own without your or their assistance, please direct them to our Helpline on **03456 434 435** or our website **www.devoncarers.org.uk**

Dad's dementia inspires carer to create COSY Routes around Exeter



Jo Earlam and her late dad Bernard

With the help of Exeter Dementia Action Alliance (EDAA), carer Jo Earlam has created circular COSY Routes around Exeter, for carers and the people they care for to enjoy in memory of her late dad, who was diagnosed with vascular dementia.

COSY (an acronym of Circle of Somewhere Yours) Routes, is a 26.2 mile marathon walk or run around the city, which can be broken down into eight shorter sections, each with dementia accessible options, and away from overpopulated walks and parks.

Jo Earlam commented her inspiration came from "My love of walking and the outdoors and many happy times spent with my dad Bernard. From a child, we enjoyed long hikes, right up until he went into fulltime nursing care with advanced vascular dementia."

"He was a great map reader and route plotter, whether it was across wild Dartmoor or finding the most scenic options to enjoy."

"When I began running marathons, he'd study the course on a map, advising me on what to expect. After dad received a diagnosis of dementia, I ran a marathon every month, a challenge I set myself to fundraise for the research charity BRACE, completing my 50th eight weeks after he sadly died."

"Walking with dad during this time was a great way for us to keep our close bond. We shared a sense of wellbeing and appreciated the benefits of exercise and fresh air. He would have loved doing the COSY Routes and seeing carers and those they care for together in the great outdoors."

For more information about the COSY Routes, with illustrations by Tony Husband (Private Eye cartoonist), please visit:

www.exetercosyroutes.wordpress.com

For more information about Exeter Dementia Action Alliance visit:

<http://exeterdementia.org.uk>

Carers overjoyed as winners of blanket draw!

One of our wonderful unpaid carers very kindly handcrocheted some lovely warm, wool lap blankets and wished to donate them to other carers for the people they care for. Therefore, we invited carers to enter a free draw to win a beautiful blanket!

Peer Support Officer Alison Richards explained,

"During lockdown, one of our carers from Newton Abbot was keen to be kept busy and wanted to enjoy her favourite hobby while giving her a break from her caring role, even if it was just a few minutes at a time. Our Peer Support team arranged for colourful wool to be delivered to her and the end results are fantastic!"

The blankets are full of colour and texture and will certainly bring a smile to the recipients.



All of the carers are delighted to be winners and appreciate the tremendous amount of hard work, skill, time and generosity, given by the carer who created them.

Our Peer Support service offers carers the chance to meet and connect

with other carers, providing each other with mutual support, understanding and the opportunity to create friendships. We bring carers together who understand what it is like to be a carer and the common issues they may face.

If you would like to participate in Peer Support, please contact our Helpline **03456 434 435** or email:

peer.support@devoncarers.org.uk or for more information visit:
<https://devoncarers.org.uk/information-and-advice/self-help/peer-support/>

Stay updated on social media!



Look out for our regular posts on Facebook and Twitter to keep you up to date with the latest news!



When you visit someone you care for – think fire safety

Devon and Somerset Fire and Rescue Service offers a free home safety visit service to help make everyone safer from the risk of fire.

Have you or someone you care for had a home safety visit?

Please contact us to get one booked in.

Call **0800 0502 999** or refer online at

www.dsfire.gov.uk/homesafety

Please quote code 035 Devon Carers.



firekills@dsfire.gov.uk



Specially trained to work with older and vulnerable people

The friendly fire safety advisers will come into the home and identify and assess any fire risks and provide fire safety equipment where needed. They will also advise on escape routes and what to do in the event of a fire.

Free fire safety equipment

A working smoke alarm is a vital start when it comes to protecting from fire. We will check and replace any alarms needed.

For people with additional needs or disabilities, we can provide more specialist kit, such as sensory loss alarms that come with a strobe light and vibrating pad. We can also supply fire retardant bedding, throws or blankets, carbon monoxide alarms, alarm testers and run-down timers.

PLEASE NOTE DURING COVID RESTRICTIONS – The visits may be carried out over the telephone. You will be offered a face to face visit if there is a high priority or once restrictions are lifted.



Carers Alert Card FREE service for unpaid carers

Carers often worry about what might happen to the person they care for, should something unexpected occur.



Our free Alert Card is designed to identify someone as an unpaid carer, so if they find themselves in an emergency situation unable to tell people they have someone at home who is dependent on them, the card will be used to alert a 24-hour emergency call centre that the cared for person may need help.



Devon and Cornwall Police recognise our card as identification for being an unpaid carer.

For more information: www.devoncarers.org.uk/alertcard

online training courses



Carers have told us our face to face training courses are very beneficial to their caring role. As we are currently unable to deliver face to face training we have devised a new series of live, real-time courses where you can learn in the comfort of your own home on your own device, while chatting with other carers online. All of these courses take place on Zoom.

It is essential to book your place on a course. No booking is guaranteed until you have received confirmation from our training team. To find out more about the course content, please visit: <https://devoncarers.org.uk/online-courses/devon-carers-online-courses/>

To book your place email sally.radcliffe@devoncarers.org.uk with the course name, date, your name and date of birth.

Sleep workshop

Do you have trouble sleeping? This workshop will enable carers who are looking to improve the quality of their sleep patterns to chat through related issues with other carers.

This live, real-time online Zoom session will:

- Allow an informal discussion to identify sleep problems
- Find solutions that carers need to get a good night's sleep

Wednesday 19th May, Tuesday 6th July

10.30am to 12.30pm

Dementia and effective communication

Caring for people with dementia can be difficult as we see them struggle with everyday tasks. But to communicate with your cared for more effectively, we need to improve our own interpersonal skills. This live, real-time Zoom session will:

- Look at five different types of dementia
- Discuss problems with communication and how to avoid miscommunication issues
- Chat about problems experienced by asking questions

Thursday 20th May

2.00pm to 3.30pm

Caring for carers Three session course

When you are caring for others it can become quite easy to forget about your own health and wellbeing, but it is important that you don't!

This live, real-time three week course will:

- Help you to manage your caring role and to stay well
- Discover what type of carer you are and how this impacts on your caring role
- Help you identify and manage stress
- Look at the effects of caring and find coping strategies
- Create a contingency plan in order that you can have peace of mind when anything unexpected or urgent happens

Tuesday 22nd June, Tuesday 29th June and Tuesday 6th July

10.00am to 11.00am

Managing stress

Caring can be very rewarding but also stressful at the same time. We will look at stress, its causes, symptoms and a variety of ways of limiting its effect. We will use a variety of techniques, and tools to find methods that work for you.

This live, real-time Zoom session will:

- Discuss the awareness of stress, its symptoms and how it affects us
- Develop an understanding of mindfulness and resilience
- Equip learners with mindfulness coping strategies to help support them to manage stress and build resilience to stress
- Identify the point when further assistance may be needed.
- Guide you on what to do if they are feeling overly stressed and where to get further support and advice

Thursday 25th May

6.00pm to 7.00pm

Wednesday 21st July

10.30am to 12 noon

How to identify a financial scam

We are currently seeing an increase in COVID-19 related scams over the phone, online and face-to-face, which means we and the people we care for are becoming even more vulnerable to financial abuse. We are joined by a representative from Natwest for this live, real-time online Zoom session and will:

- Make you aware of the different types of scams we are currently facing
- Help to prevent you being scammed and discuss ways to protect you, your family and friends
- Help you to protect your money
- Answer any questions around the subject of scamming

Tuesday 29th June

10.30am to 11.30am

Looking after you: looking after your relationship

When we care for people we need to ensure we look after our relationship with them, but also with our family and friends, and at times this can be very difficult to maintain. This live, real-time online Zoom session will:

- Look at being a carer especially when you look after someone with a long-term condition, where we take on added responsibility for providing the increased support they need
- Consider how spending more time with those we care for can impact greatly on our relationships with them, family and friends
- Discuss strategies to enable us to pay greater attention to our relationships to help avoid breakdowns in times of stress
- Give time to explore what is important to us as individuals and in our relationships

Part 1 Monday 12th July

10.30am to 12 noon

Part 2 Monday 26th July

10.30am to 12 noon

Relaxation and wellbeing in nature, with mindfulness practises

Would you like to enjoy the beauty of nature whilst learning relaxation and mindfulness techniques from your own home?

This live, real-time Zoom session will:

- Include a guided meditation
- Give you strategies to help you let go of your worries and find peace and joy in the moment
- Offer you time to reflect and share your experience with others

Wednesday 16th June, Thursday 15th July

2.00pm to 3.30pm

Dementia and the environment

People living with dementia can be affected by environmental factors.

This live, real-time Zoom session will:

- Look at the environmental factors that affect people with dementia
- Discuss problems with depth perspective eg why a person can't see the food on their plate/patterned carpets
- Talk about stored and working memory
- Discuss the importance of routine and sleep

Thursday 5th August

10.30am to 12 noon

Basic first aid Q&A

Learning basic first aid is essential for every day caring roles to give you the confidence to act in a practical and safe way, should a medical emergency arise.

This live, real-time Zoom session will:

- Offer a Q&A session for first aid related questions
- Guide you in what to do when approaching the scene of an emergency/first aid situation and decision making to manage the situation effectively

Friday 28th May, Wednesday 30th June,
Friday 23rd July

10.30am to 12 noon

Thoughts, feelings and challenges

Have you ever given yourself the time to sit and think about your thoughts and feelings on being a carer?

This live, real-time session will:

- Give you space to talk about your thoughts and feelings on being a carer
- Allow you to explore the challenges you face and look at strategies to help you manage those challenges

Tuesday 15th June, Tuesday 3rd August

10.30am to 12.30pm

Dementia and sleep

Does the person you care for have trouble sleeping?

This live, real-time Zoom session will:

- Discuss the importance of sleep and what happens to sleep patterns for someone with dementia
- Look at how sleep varies when we age
- Which food and drink can affect our sleep
- Strategies to help improve sleep patterns

Thursday 17th June

10.30am to 12 noon

Causes of distress, agitation and its impact for those living with Dementia

Those living with dementia can experience agitation, which can be brought about by external factors.

This live, real-time session will:

- Look at distress and agitation, and what causes this
- Cause and effect of pain, fear, depression, boredom, hunger and thirst
- Look at delirium, which can be mistaken for dementia

Wednesday 14th July

2.00pm to 3.30pm

Unpaid carers and the menopause

Caring for others can be very stressful but with the added mental and physical pressures of the menopause, it can make coping even more challenging.

This live, real-time session will:

- Allow you to talk about the issues that you face with the menopause
- Discuss strategies to cope with the identified issues and how this will enable you to cope with your caring role

Tuesday 20th July

10.30am to 12.30pm

When the bathroom becomes a battlefield for someone with dementia

If you care for someone with dementia, personal care can become a challenge.

In this live, real-time session we will:

- Look at the environment factors
- Chat about which clothes are easier to get dressed in
- Discuss pain and discomfort the person with dementia may feel
- Importance of language and routine
- Look at easier ways to clean teeth and shave
- Talk about Agnosia – not recognising faces
- Discuss why people with dementia maybe fearful

Tuesday 27th July

2.00pm to 3.30pm

www.devoncarers.org.uk | 03456 434 435

Please call **t: 03456 434 435** or **e: info@devoncarers.org.uk** for more information or if you would like to contribute to a future magazine. This magazine is made from FSC certified paper and printed using vegetable inks. Published on behalf of Carers+ by Westbank: Registered Charity No 1119541 Company limited by guarantee Registered in England No 6243811. Devon Carers, Westbank, Farm House Rise, Exminster, Exeter, EX6 8AT.