

Welcome to

# **Caring with Confidence Bitesize Programme**

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## Introduction:

### Welcome to Caring with Confidence Bitesize Programme

*Perhaps you don't think of yourself as a carer! You may see yourself as the mother, husband, daughter, brother or friend of someone who needs care or someone who is doing their best for someone they love.*

*Perhaps you feel uncomfortable with being defined as a carer?*

*This Caring with Confidence Bitesize Programme aims to open up possibilities so that you can continue your caring responsibilities but also have the opportunity to reflect on YOU! Where you want to be and where or what you want to achieve.*

*You see, you are so much more than a carer. So this programme will enable you to think about what you need; giving you practical skills, support, information or perhaps some time for yourself to reflect, re-charge and rejuvenate.*

*Looking after yourself is after all common sense and yet it needs to be recognised that perhaps it's easier said than done. This Caring for Confidence programme will take you step-by-step to make those subtle changes. Why? Well it's to keep or build your resilience and keep healthy, for you and for your caring role. So come on, put yourself first!*

The programme is aimed at enabling you to improve your own situation and that of the person you care for. The Caring with Confidence Bitesize programme is made up of three modules:

- Managing your role as Carer with other aspects of your life
- Communicating better with health and social care professionals
- Caring on a daily basis

This resource compliments the bitesize video clips. As such, you may want to jot down your own ideas, thoughts or comments made during the video or following the video when you've had time to reflect. The programme is a planned structure to enable you to build on your existing confidence.