

Renfrewshire Carers Centre

**Training for
Carers in
Renfrewshire**

2010 Training Programme



**Renfrewshire
Council**



**The Princess Royal Trust
for Carers**



**Greater Glasgow
and Clyde**

If you require this information in large print, audio, Braille or a different language please telephone Renfrewshire Council Social Work on 0141 842 5118.

To apply for training courses complete the form on pages 23 & 24

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To apply for training courses complete the form on pages 23 & 24

Introduction

What is the 'Training for Carers in Renfrewshire' programme?

'Training for Carers in Renfrewshire' is a new service that provides a range of different training opportunities for carers. The only requirement is that you are a carer aged over 18 and that the person you care for lives in Renfrewshire. You do not have to be a full time carer – you may just provide a couple of hours of help each week or you could care for someone 24/7. You may be over or under retirement age. All carers can benefit from the training regardless of how long you have been a carer or how much time you spend caring each week.

Who is a carer?

A carer is someone who helps a partner, relative, neighbour or friend, who is ill, has a disability or is frail. This could be help with personal care, household tasks, emotional support or any other kind of help.

How will the training help me?

'Training for Carers in Renfrewshire' provides short training courses for carers to improve their caring skills and knowledge, and opportunities to learn from other carers. As a result it is hoped that carers will feel more comfortable and confident in their caring role.

Who delivers the training?

The trainers are often professional nurses, social workers, medical staff, occupational therapists or other experienced health and social work staff.

Do you provide respite so I can attend?

Yes. Respite services can normally be arranged to enable carers to attend training courses. Just tick the respite box on the Training Application Form on page 24 and you will be contacted to discuss your respite needs.

How do I apply for this training?

Please choose from the variety of courses in this booklet that you think will help. Then fill out and return the Training Application Form on pages 23 & 24. Alternatively, simply telephone Louise Anderson at the Renfrewshire Carers Centre 0141 887 3643. You may apply for as many courses as you wish. If you are offered a place on a training course, you will be contacted and sent detailed information. Up to 15 carers attend each training course.

When does the training take place?

Courses take place during the day Monday to Friday. However some courses have been arranged for weekends and evenings to suit other carers, such as working carers. For future courses you can tell us what suits you best in the Training Application Form on page 24.

Where does the training take place?

Unless otherwise stated, the training courses take place at Renfrewshire Carers Centre, Unit 55, Embroidery Mill, Abbey Mill Business Centre, Seedhill, Paisley, PA1 1TJ (see map below)



Is lunch provided?

A light lunch or snack is provided to carers without charge.

How much will the training cost?

The training is free to carers.

Is parking available at the training venue?

Parking spaces and disabled parking are available for training taking place at Renfrewshire Carers Centre.

To apply for training courses complete the form on pages 23 & 24

Caring for someone with a lung condition

(including chronic obstructive pulmonary disease, emphysema, or pulmonary fibrosis)

Session 1: Understanding the lungs

This session explores the role of the lungs in the body, looking at how they work and the effect of different conditions.

Session 2: Treating lung conditions

This session provides information about different forms of treatment including medication and the role of exercise.

Session 3: Living with a respiratory condition

This session provides practical advice about living with a lung condition addressing issues such as equipment, adaptations and energy saving.

Session 4: Money matters and community care

Focusing on what help is in the community to support someone with a lung condition and their carers. This session looks at the welfare benefits system and the support available in Renfrewshire.

Session 5: Changing relationships

This session will offer an opportunity to explore how relationships work and change.

Session 6: Looking after yourself

This session will offer practical tips on managing stress as well as looking at ways of relaxation.

This 6 day course will run on Thursdays for a 6 week period

Date: Thursday 8th April – Thursday 13th May

Time: 10:00am – 12:30pm

Venue: Renfrewshire Carers Centre

Unit 55

Embroidery Mill

Abbey Mill Business Centre

Seedhill

Paisley

PA1 1TJ

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Living with loss and change

The course will look at how a caring role can change relationships and lifestyle over time. Each carer experiences these changes differently. Loss will have many meanings for each carer.

(Please note this is not a bereavement course)

This 1 day course will run on a Wednesday

Trainer: Isobel Allan

Date: Wednesday 14th April

Time: 10:30am – 2:30pm

*Venue: Renfrewshire Carers Centre
Unit 55
Embroidery Mill
Abbey Mill Business Centre
Seedhill
Paisley
PA1 1TJ*

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Coping with anxiety

This will be an opportunity to improve your general health & wellbeing by exploring the topic of anxiety.

The course acknowledges the effect anxiety has on general health & wellbeing as well as identifying coping mechanisms within your caring role.

This 1 day course will run on a Tuesday

Trainer: Isobel Allan

Date: Tuesday 20th April

Time: 10:30am – 2:30pm

*Venue: Renfrewshire Carers Centre
Unit 55
Embroidery Mill
Abbey Mill Business Centre
Seedhill
Paisley
PA1 1TJ*

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Assertiveness

The course will offer the ability to express and action your rights as a person while respecting the same rights of others.

This 1 day course will run on a Tuesday

Trainer: Isobel Allan

Date: Tuesday 4th May

Time: 10:30am – 2:30pm

*Venue: Renfrewshire Carers Centre
Unit 55*

Embroidery Mill

Abbey Mill Business Centre

Seedhill

Paisley

PA1 1TJ

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Caring for someone with diabetes

Session 1: What is diabetes?

An exploration of what happens when someone has diabetes, looking at causes diagnosis and symptoms.

Session 2: Diet and nutrition

This session will look at the impact of diet on diabetes and how diet can be help manage the condition, and the medication available.

Session 3: Foot care

Many diabetics have difficulties with circulation and foot care, and foot screening is very important. In this session a podiatrist will explain how to take care of your feet.

Session 4: Hyper and hypo

What happens when someone has too much or too little sugar and what should carers do to help?

Session 5: Monitoring diabetes

This session looks at how we monitor someone's diabetes and how and why we check sugar levels.

Session 6: Complications

What complications can arise from diabetes? In this session we will look at how to avoid or manage complications associated with diabetes.

This 6 day course will run on Tuesdays for a 6 week period

Date: Tuesday 11th May – Tuesday 15th June

Time: 10:00am – 12:30pm

Venue: Renfrewshire Carers Centre

Unit 55

Embroidery Mill

Abbey Mill Business Centre

Seedhill

Paisley

PA1 1TJ

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Continence & catheter care

The course will offer information, skills and coping strategies to carers who are caring for a person who suffers from bowel or bladder dysfunction.

Throughout the morning we will look at: maintaining dignity and self esteem, anatomy and physiology of the bladder and bowel; continence products; catheter care; infection control & hand washing; identifying and managing bowel problems; stoma care and skin care.

This 1 day course will run on a Wednesday

Trainer: Sharlene Slattery

Date: Wednesday 12th May

Time: 10:00am – 12:30pm

Venue: Renfrewshire Carers Centre

Unit 55

Embroidery Mill

Abbey Mill Business Centre

Seedhill

Paisley

PA1 1TJ

Get it right!

Communication & negotiation skills

The course will enable carers to better communicate and negotiate their needs and wishes with different agencies that they need to contact. This could include agencies such as health, social work, education etc. It will take into account situations when carers need to participate in case conferences or reviews.

This 1 day course will run on a Saturday

Trainer: Isobel Allan

*Date: Saturday 15th May
Time: 10:30am – 2:30pm
Venue: Renfrewshire Carers Centre
Unit 55
Embroidery Mill
Abbey Mill Business Centre
Seedhill
Paisley
PA1 1TJ*

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Benefits/welfare rights

The course will identify some of the benefits most applicable to carers and illustrate entitlement to benefits through worked examples.

This 1 day course will run on a Thursday

*Date: Thursday 20th May
Time: 10:30am – 2:30pm
Venue: Renfrewshire Carers Centre
Unit 55
Embroidery Mill
Abbey Mill Business Centre
Seedhill
Paisley
PA1 1TJ*

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Basic first aid

This course will cover the basics of: CPR (cardio-pulmonary resuscitation; recovery position; choking; bleeding and burns.

This 1 day course will run on a Thursday

Trainer: Sharlene Slattery

*Date: Thursday 27th May
Time: 10:30am – 2:30pm
Venue: Renfrewshire Carers Centre
Unit 55
Embroidery Mill
Abbey Mill Business Centre
Seedhill
Palsley
PA1 1TJ*

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Moving & handling

The course will help carers to better manage mobility issues and transfers.

This 3 day course will run on Wednesdays for a 3 week period

Date: Wednesday 2nd June – Wednesday 16th June

Time: 6:30pm – 8:30pm

*Venue: Reid Kerr College
Renfrew Road
Paisley*

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Understanding challenging & difficult behaviour

Session 1: Understanding and living with challenging behaviour

A Community Psychiatric Nurse will explore how we can understand some of the behaviours we experience from the person we care for, with a focus on practical advice about how we can respond.

Session 2: Working with behaviour

A practical session where we can explore how we can use the information provided in the first session and develop planned responses.

Session 3: Thinking about our role

During this session we will explore how we are affected by our caring role and the behaviour that accompanies mental health problems.

Session 4: Thinking about feelings

This session provides an opportunity to think about how we feel before, during and after difficult situations. There will be a chance to look at our feelings including guilt, grief and anger.

Session 5: What does recovery mean?

A chance to reflect on the topics addressed by the course and an introduction to the recovery model.

This 5 day course will run on Tuesdays for a 5 week period

Date: *Tuesday 21st Sept – Tuesday 19th October*

Time: *6:30pm – 8:30pm*

Venue: *Renfrewshire Carers Centre*

Unit 55

Embroidery Mill

Abbey Mill Business Centre

Seedhill

Paisley

PA1 1TJ

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Looking to the future when caring for someone with a learning disability

Session 1: What is advocacy?

This session will explore the different types of advocacy and the role it can play in supporting people with learning difficulties and their families.

Session 2: Effective communication

This session explores how we communicate, focusing on working with professionals and representing someone else.

Session 3: Talking about difficult subjects

Practical advice about talking to a person with a learning disability about difficult subjects, and how to help them with change.

Session 4 & 5: Living in the community

This session will explore housing options and support available, as well as looking at education and employment for someone with a learning disability.

Session 6: Decision making

Information about making decisions with and for someone with a learning disability including the role of informal measures, Guardians, and Powers of Attorney.

Session 7: Money matters

How to prepare financially for the future, including looking at welfare benefits.

Session 8: Support in the community

This session will look at the role of Renfrewshire Council in providing support to people with a learning disability. We will look at the rights of people with a learning disability and their families.

This 8 day course will run on Thursdays for 8 weeks

Date: *Thursday 30th September – Thursday 18th November*

Time: *10:00am – 12:30pm*

Venue: *Renfrewshire Carers Centre*

Unit 55

The Abbey Mill Business Centre

Embroidery Mill

Seedhill

Paisley

PA1 1TJ

To apply for training courses complete the form on pages 23 & 24

What follows school for children with additional needs?

Session 1: Person centred planning

This session introduces the idea of person centred planning as a tool to help think about the future and to plan services.

Session 2: Further education & employment

This session explores further education and steps towards employment with a Careers Advisor and a representative from a further education provider.

Session 3: Support in the community

This session looks at the range of services available in Renfrewshire. This session will address issues such as assessment and managing the move from children's services to adult services.

Session 4: Money matters

This session provides information about the welfare benefits system and the changes that can occur in a family's money situation as a child with additional needs moves into adulthood. This session will also touch on the subject of longer term financial planning.

Session 5: Adults with incapacity act

In Scotland once someone turns sixteen they are legally an adult and can make decisions about their finances, welfare and medical treatment. This session explores the legislation around the topic of helping someone with additional needs make decisions. This session will cover Powers of Attorney and Guardianship.

This 5 day course will run on Tuesdays for 5 weeks

Date: *Tuesday 26th Oct – Tuesday 23rd November*

Time: *10:00am – 12:30pm*

Venue: *Renfrewshire Carers Centre*

Unit 55

Embroidery Mill

Abbey Mill Business Centre

Seedhill

Paisley

PA1 1TJ

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Safer people handling

A one day training session followed up with a home visit by an occupational therapist.

The training session will look at the function of the spine; basic principles of movement; followed by a practical demonstration of safer transfers.

The home visit will provide an opportunity to put what you have learned on the training session into practice.

**Please note: Loose comfortable clothing should be worn.
Flat shoes would be most suitable.**

Date: Thursday 25th November

Time: 10:30am – 2:30pm

Venue: Montrose Care Home

Heriot Avenue

Foxbar

Paisley

PA2 0DN

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Carers rights

Many people don't get the support they need because they don't recognise the caring role they have. If you regularly provide or intend to provide care, then attending a carers rights training course is an ideal opportunity for you to find out about the help available.

The course will look at carers rights and welfare benefit entitlements. Information will be given on services and support available to carers as well as providing an opportunity to meet with others in similar situations.

This 1 day course will run on a Friday.

*Date: Friday 3rd December
Carers Rights Day
Time: 10:30am – 2:30pm
Venue: Renfrewshire Carers Centre
Unit 55
Embroidery Mill
Abbey Mill Business Centre
Seedhill
Paisley
PA1 1TJ*

To apply for training courses complete the form on pages 23 & 24

If you have any questions or require further information on our carers training courses contact:

Louise Anderson
Training Worker

Renfrewshire Carers Centre
Unit 55
Embroidery Mill
Abbey Mill Business Centre
Seedhill
Paisley
PA1 1TJ

Telephone Number: 0141 887 3643

Email: louise@renfrewshirecarers.co.uk

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2010 TRAINING APPLICATION FORM

April to December

Tick (✓) the courses you wish to attend.

Caring for someone with a lung condition

Every Thursday 8th April to 13th May
10.00am – 12.30pm

Living with loss and change

Wednesday 14th April
10.30am – 2.30pm

Coping with anxiety

Tuesday 20th April
10.30am – 2.30pm

Assertiveness

Tuesday 4th May
10.30am – 2.30pm

Caring for someone with diabetes

Every Tuesday 11th May to 15th June
10.00am – 12.30pm

Continence and catheter care

Wednesday 12th May
10.00am – 12.30pm

Communication & negotiation skills

Saturday 15th May
10.30am – 2.30pm

Benefits/welfare rights

Thursday 20th May
10.30am – 2.30pm

Basic first aid

Thursday 27th May
10.30am – 2.30pm

Moving and handling

Every Wednesday 2nd June – 16th June
6.30pm to 8.30pm

*Reid Kerr College, Renfrew Road, Paisley

Understanding challenging behaviour

Every Tuesday 21st September – 19th October
6.30pm – 8.30pm

Looking to the future when caring for someone with a learning disability

Every Thursday 30th September – 18th November
10.00am – 12.30pm

What follows school for children with additional needs?

Every Tuesday 26th October – 23rd November
10.00am – 12.30pm

Safer people handling

Thursday 25th November
10.30am – 2.30pm

***Montrose Care Home**

Carers rights

Friday 3rd December Carers Rights Day
10.30am – 2.30pm

Please tick (✓) if interested in possible courses below (dates to follow)

Dementia care

Managing stress

Personal care skills

Coping with strong emotions

Caring for someone after a stroke

***All training takes place at the Renfrewshire Carers Centre unless otherwise stated.**

Please tick (✓) if you need a respite service to attend this training and we will contact you

I would like to suggest you arrange a training course on

.....

The best days and times for me to attend training courses are

.....

I would like to attend the following training courses in the future but the above dates/times are not convenient

.....

.....

Name

Address

.....

Post Code.....Tel No

Email

**Please detach and return this form to: Louise Anderson,
Renfrewshire Carers Centre, Unit 55, Embroidery Mill,
Abbey Mill Business Centre, Paisley PA1 1TJ**