

A carer's guide to Learning for Living

Nearly six million people in the UK look after a family member, partner or friend who cannot manage because they are ill, frail or have a disability. The number of unpaid carers is expected to increase by 60% reaching over 1 million by 2037, yet surveys show that carers' needs including the right resources to support their caring role are only being partially met.

These needs range from a requirement for better services and effective information to support them in their caring role, through to emotional support and a say in service planning and provision. As well as ensuring the wellbeing of the person receiving care, carers should also have the freedom to lead lives of their own and develop their skills.

City & Guilds in partnership with Carers UK, has developed a personal development and learning tool for carers called *Learning for Living*. *Learning for Living* consists of an online learning resource for carers and a qualification.

The Certificate in Personal Development and Learning for Unpaid Carers gives you the confidence and support you may need to achieve your personal goals. This is the first qualification of its kind specifically designed to help unpaid carers back into paid employment or on to further training.

The Certificate is designed to:

- Support your personal development by developing your knowledge and skills relevant to your needs.
- Help you draw up further plans for your education, training, employment or leisure.
- Provide a nationally recognised qualification that will help boost confidence and return to the workplace.

Who can benefit?

The Certificate is aimed at adults who have been, or are currently, unpaid carers.

What equipment will be needed?

Learners will require only very basic computer skills, such as using a mouse and typing small amounts of text. Support will be available from a local college or carers centre.

Access to a multimedia PC with a modem to get onto the internet will be required if the *Learning for Living* resource is being used to deliver the qualification. However, this can be made available through approved centres.

What does the Certificate cover?

Unit 1: Moving Forward

- Return to Learn - improving your learning skills
- Tuning in - communicating well
- Standing firm - developing assertiveness
- Shaping your future - putting your skills to use

Unit 2: Taking Care

- Keeping healthy
- Managing Life's 'ups and downs'
- You in the caring role
- Enjoying Life

Unit 3: Living with Others

- Welcoming difference
- Understanding relationships
- Why do we do the things we do?
- Living with Loss

Unit 4: Managing as a Carer

- Safety matters
- Managing money
- Understanding and influencing care services
- What next?

How long does it take?

Learning is flexible and is designed to fit around other commitments. There are four stand alone units each providing about ten hours of learning. There are two learning routes:

- An informal route. Learners can do as much or as little of the programme as they like. No certification is provided.
- An accredited route. Learners' work is assessed by a tutor to gain a City & Guilds qualification: The Certificate in Personal Development and Learning for Unpaid Carers.

How do I find out more?

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W: www.learning-for-living.co.uk

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Key points

- The first qualification of its kind in Europe aimed at unpaid carers
- Unique tailored online content specifically designed to support carers in their everyday role
- Helps develops the whole person from current skills, knowledge, self-confidence and basic computer skills
- Offers recognition and reward for unpaid carers using a flexible approach