

common assumptions about carers facilitator guide

learning outcome

Your staff will be able to challenge common assumptions about carers and identify simple steps that they or their organisation could take to help support carers.

learning method

Checklist, groupwork and PowerPoint presentation.

time required

Approximately 45 minutes.

facilitator notes

1. Provide each participant with the 'Checklist of Common Assumptions about Carers' activity three handout. In small groups encourage participants to think about why we should not make assumptions about each of the points listed. Using activity three PowerPoint work through each point on the checklist with the whole group, encouraging discussion as you go along.
2. With each of the points on the checklist invite the whole group to think about simple actions that they could take in their particular work setting that would reduce the chances of such assumptions being made and ensure the carer is better supported.

What other approaches could I consider?

- Could I, with the support of my local carer centre or a local carer group, develop with carers our own local checklist? Would any of those carers be willing to talk about their experiences during the learning programme, based around particular points within the checklist?
- Could I develop my own audio-visual material which includes local carers talking about their experiences and use this in an edited form as a visual aid for further training?

activity three - level 1
common assumptions
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developing audio-visual materials: The Meriden Family Programme

The Meriden Family Programme within Birmingham and Solihull Mental Health NHS Foundation Trust offers training and organisational development services to help meet the needs of many and varied carers. These services can help organisations to support carers better and develop family sensitive approaches and include carer awareness courses, carer education programmes and training the delivery of structure family interventions.

An area of the Programme is related to family work in early psychosis. To support this training a suite of 5 DVDs has been developed to help staff who deliver family work. Amongst many other areas such as impact on siblings, demonstration of family work skills and cultural factors relevant to family work, these DVDs also include interviews with service users and family members.

For further information please contact Sam Farooq, Business Manager on 0121 678 2896 or sam.farooq@bsmhft.nhs.uk

Common Core Principles covered by this activity: 1, 2, 3, 4, 5, 6 & 7.