

who is the carer?

facilitator guide

learning outcome

Your staff will be able to explain who a carer is and identify key differences between a carer and a care worker.

learning method

Dialogue/sketch with questions, PowerPoint presentation.

time required

Approximately 45 minutes.

facilitator notes

1. Divide participants into pairs or small groups of three. Each participant to be given a copy of activity one handout and asked to complete the questions together in their group. An alternative and livelier approach would be to invite volunteers to act out the dialogue in the form of a sketch before then splitting into smaller groups.
2. Bring the groups back together and using the activity one PowerPoint work through the answers one at a time with participants. The presentation works best if you invite responses to each of the questions and then follow up with the appropriate slide to highlight key points.
3. You may wish to expand on the presentation by introducing additional statistical information. For example, how many carers there are nationally, percentage that are male carers, how many of us are likely to become carers ourselves, how many are in your local area, total number of hours spent caring, numbers of carers in employment or who have had to give up work to care, number of carers who are in poor health, numbers of black, asian and ethnic minority carers. You can find national statistics from a range of sources, including:

www.carersuk.org
www.afiyatrust.org.uk

activity one - level 1
who is the carer?
facilitator guide

for local statistics go to:

www.neighbourhood.statistics.gov.uk

(insert your postcode and go to health and care/provision of unpaid care)

what other approaches might I consider?

- Can I develop my own sketch or dialogue with a group of local carers? Would a group of carers be willing to act out a scenario which illustrates common misunderstandings as to who is a carer? Is there a local drama group who would be willing to support my training?
- Could I ask participants, in small groups, to define for themselves who is a carer and follow up by exploring how this differs to a care worker?
- Would it be helpful for me to draw up a handout with definitions for a carer, young carer, parent carer together with a table which compares the role of carer with care worker as a supplement to a more interactive activity?
- Could I develop a multiple choice quiz which explores key statistics, both national and local, relating to carers? Have any local carer surveys been recently undertaken by my local authority or local carer centre that could provide additional useful and interesting data?

Common core principles covered by this activity: 1, 2, 6, 7 & 8.