

We provide bespoke training to help your employees manage and enjoy, being a carer of elderly relatives.



How many of your employees are juggling work with supporting an elderly person?

1 in 8 carers are in paid employment and many give up work or reduce their hours because of the stresses and strains of balancing work life and caring. Our offer helps employees explore positive approaches and strategies, enabling them to respond to the challenges of incorporating the needs of an elderly person in their life.

Online Webinar and Workshops to develop knowledge and skills:

The Final Fifteen Framework

This **one-hour webinar** shares an innovative framework supporting planning for the final years through 6 complementary topics. The webinar can be delivered to any number of participants as a one-off presentation.

Caring as part of your lifestyle

This **3-hour programme of workshops** enables participants to explore their circumstances through group interaction arriving at personalised solutions. The workshops are delivered in 3 x 1-hour sessions to a maximum of 12 participants

Sessions cover:

1. **Problem Solving**
2. **Prepared to Care**
3. **Difficult Conversations**

Contact us:

Website: www.caring4eldersuk.org.uk

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Caring4Elders have delivered workshops in the workplace since 2012. Participants confirm the value of time to reflect on their personal circumstances, share this with colleagues and identify solutions. Employers report greater staff wellbeing. Clients across the UK include Arup, AstraZeneca, University of Cambridge, Addenbrookes Hospital.