

## **Free Training for Social Prescribers: Understanding and Supporting Older Carers**

Age Cymru and Carers Trust Wales have been commissioned by Welsh Government to provide free training on the specific and often complex needs of older carers to Social Prescribers/ Community Connectors working in partnership with GPs and Social Services across Wales.

### **Aims:**

1. Improve understanding of the lived experience, rights and challenges of older unpaid carers.
2. Increase identification of older carers in community and primary healthcare settings, to allow earlier signposting and onward referral to information, advice and support to improve health and well-being.
3. Develop strategies for improved communication and support for older carers.

### **Learning Approach**

Older Carer Awareness Raising is designed to be interactive and engaging, with a mix of presentations, discussions, and practical exercises to ensure that community connectors are well-equipped to identify and support older carers effectively. Content has been co-created with older carers themselves using their voices to describe daily lived realities of life as an older carer and possible solutions to the challenges they face.

Where possible, content will be shaped to meet the specific needs, geography and contexts of Community Connectors / Wellbeing Coordinators / Social Prescribers to deliver bespoke learning outcomes. (GP cluster staff are also welcome to attend online / in person sessions where cluster leads recognise the benefits of identifying and supporting older carers). Input on content for specific services will be gathered via mixed methods:

- Discussions with service managers to establish their context and the knowledge of learners attending best outcomes
- Learners' questionnaire to assess prior knowledge of subject and ensure content is neither too basic / advanced to meet training needs.

### **Learning Outcomes**

By the end of the session attendees should be able to:

- Identify older people who may have a caring role
- Sensitively discuss this with the older person presenting for help and have a range of communication strategies to explore this
- Respond appropriately to common challenges faced by older carers
- Awareness of the legal rights of older carers and where to go for further assistance
- Signposting to resources and local carers organisations

For further details please contact [Dcole@carers.org](mailto:Dcole@carers.org)

Still have questions? Please see below for content and structure

### **1: Older carers in context**

- Definition and discussion about older carers.
- Range and level of care activities and responsibilities older unpaid carers undertake.
- Recognizing diversity among older carers.
- Rights and needs of older carers

### **2: Identifying, Communicating with and Supporting Older Carers**

- Signs and cues for community connectors to identify older carers.
- The importance of early identification for support and intervention.
- Lived experience examples/case studies: Practicing identification skills and appropriate responses.
- Language Matters: Language and effective communication in primary health care and community settings.

### **3: Breaking down barriers**

- Common challenges and needs specific to older carers.
- How can older carer access and navigate support services more easily?
- Case studies: real-life scenarios and responses.

### **4: Recap and questions**

- Recap of key takeaways.
- Q&A session.

Follow up: Distribution of handouts and digital resources for further learning

For further details or to book please contact [dcole@carers.org](mailto:dcole@carers.org)