

Supporting your Delivery of High Quality Family Carer Training

Monday 15 and Tuesday 16 February 2016

Overview

- High quality interventions, including training, are crucial to ensure good outcomes for family carers.
- Thanks to Dormant Funds Account funding we are in a position to offer you an affordable two-day seminar that will help you to deliver family carer training.
- We have secured input from a number of leading practitioners in the area of family carer training from Ireland, the UK and Sweden.

Topics

- The use and moderation of online fora
- Review and development of the Caring Counts programme
(See <http://bit.ly/1mNhmYP>)
- Carer outcomes tools
- Planning for good outcomes for your training programme

Outcomes

At the end of the two days, it is anticipated that you will

- Have increased knowledge of innovative and proven training methodologies and programmes suitable for family carers
- Be more confident in delivering family carer training
- Feel more connected with others delivering similar interventions nationwide

Follow-up

It is intended that this two-day session will be followed by two further one-day sessions on Monday 16 May and Monday 7 November 2016. These will build on the work of the first session and will also cover topics including peer learning, partnership approaches, avoidance of duplication, evaluating your training programme and sustainability. In order to gain maximum benefit, participants are strongly encouraged to attend all four days.

Costs

The full value of this two-day session is estimated at €500. Thanks to the funding we have received, the fee is nominal at only €50 per participant. We will pool the registration funds and one of the attending organisations will be randomly selected to receive the total amount collected as a donation, in other words one organisation will walk away with up to €1,500!

The following are included in the €50 registration fee:

- Overnight accommodation in the 4* Radisson Hotel in Athlone
- Lunch and evening meal on 15 February
- Breakfast and lunch on 16 February
- Refreshments on both days
- Resource materials
- Tour of Athlone Castle (optional)

Registration

Places are limited and will be reserved on a first come first served basis. Register on Eventbrite <http://bit.ly/1O58UoD> by 5.00 pm on **Monday 1 February 2016**.

If you cannot pay online with a credit card at the time of registration, please email zoe@carealliance.ie immediately to ensure you are fully registered.



Schedule

Monday 15 February

- 10:30 am** Registration and networking over tea and coffee
- 11.00 am** Introduction
- 11:15 am** Participants to speak about their family carer training projects/ideas
- 11.45 am** Planning for good training outcomes (Sandra Velthuis, Whitebarn Consulting)
- 1.00 pm** Lunch
- 2.00 pm** The co-creation and inclusive curriculum development of an e-learning course (Caring Counts) for Family Carers (Dr Lindsay Ann Hewitt, Open University, Scotland)
- 3.30 pm** Tea and coffee
- 3.45 pm** Overview of Inputs from 2009 Family Carer Training Seminar (Liam O'Sullivan, Care Alliance Ireland)
- 5.00 pm** Networking
- 7.00 pm** Evening meal with presenters and participants

Tuesday 16 February

- 9.00 am** Personal outcomes for family carers (Emma Miller, University of Strathclyde, Scotland)
- 10.30 am** Networking over tea and coffee
- 11.00 am** Group Problem Solving Exercises.
- 11.30 am** Visit to Athlone Castle (optional)
- 1.00 pm** Lunch
- 2.00 pm** Online supports (including peer-peer supports) for family carers (Frida Andréasson, Swedish Family Care Competence Centre)
- 3.30 pm** Review/evaluation
- 3.45 pm** Draw for Registration Fees
- 4.00 pm** Finish

Biographies

Liam O'Sullivan/Zoe Hughes, Care Alliance Ireland



Liam O'Sullivan works as the Executive Director of Care Alliance Ireland, an alliance of over 100 Not-for -Profit Organisations supporting Family Carers. He holds professional qualifications in Social Work, Youth and Community Work, and Social Research.

Zoe, Policy & Research Officer with Care Alliance Ireland, is a qualified social worker, having graduated from the Master in Social Work programme (TCD) in 2008. She holds a H. Dip. in Social Policy (UCD, 2006) and an M. Litt. in disability research (TCD, 2013).



Liam and Zoe are co-ordinating the project and will give occasional inputs. Specifically, Liam will recap on the successful family carer training seminar that he co-ordinated in 2009. Zoe heads up the policy and research function and will seek to ensure that good practice models discussed at the seminar are documented comprehensively in a booklet and a dedicated website.

Sandra Velthuis



Sandra holds a BA (Honours) from the University of Birmingham and MA from the University of Sheffield. She has more than 25 years of experience in the not-for-profit sector, as a paid employee, director, trustee, on-the-ground volunteer and freelance consultant with a wide variety of organisations. She established and was at the helm of the national volunteer development agency (now called Volunteer Ireland) between 1997 and 2004. She founded Whitebarn Consulting in 2005 and since that time has helped more than 60 clients who are all working towards building a better world. Her primary focus is on outcomes, impact and social value. She is the Republic of Ireland's first Accredited Practitioner of Social Return On Investment.

Dr Emma Miller



Emma is an honorary senior research fellow at the University of Strathclyde and has a background in social work practice, and interagency working. Since completing her PhD in 2004 she has worked between research, policy and practice on the theme of personal outcomes.

Frida Andréasson



Frida Andréasson is a social worker and works as a project coordinator at the Swedish Family Care Competence Centre, a centre of excellence in the area of family (informal) care. During the last three years she has mainly been working in the INNOVAGE project (led by an aging research centre in Italy, INCRA), which focuses on the development and evaluation of a web-platform for carers of older people in Europe. Frida is going to facilitate a session about online carer support. There will be a short demonstration of the InformCare platform and most of all a focus on "hands on" experiences concerning the moderation and use of an online carer support!

Dr Lindsay Hewitt



Learning and Teaching Co-ordinator (Widening Access), The Open University in Scotland. In the past 10 years Lindsay's collaborative work with external partners and networks: NGOs, public sector and colleges has led to the development and production of a range of educational resources to support learners make the transition from informal learning to formal study. Recent work has included the development of The Refection Toolkit, a generic free online resource. Caring Counts: a self-reflection and planning course is a similar reflection course developed with and for carers in 2014. Caring Counts in the Workplace builds on the original version, but with a focus on employers and manager supporting carers at work. This has been developed in collaboration with the Equal Partners in Care (EPIC) project and the Carer Positive kitemark.