

A centre's guide to Learning for Living



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Nearly six million people in the UK look after a relative, friend or neighbour who cannot manage because they are ill, frail or have a disability. The number of unpaid carers will increase by 60% by 2037. Yet surveys show that carers' needs are only being partially met.

These needs range from a requirement for better services and information through to emotional support and a say in service provision. But as well as ensuring the wellbeing of the person receiving care, carers also want the freedom to lead lives of their own and develop their skills.

City & Guilds has developed personal development and learning tools for carers in the form of a website and a qualification.

The Certificate in Personal Development and Learning for Unpaid Carers aims to give unpaid carers the confidence and support they may need to achieve their personal goals. This is the first qualification of its kind specifically designed to help unpaid carers back into paid employment or on to further training.

The award is now featured in the National Qualifications Framework.

The Certificate is supported by *Learning for Living*, an online learning resource for carers, a set of online learning materials which will require around 40 hours of study.

What's the Certificate all about?

The Certificate is designed to:

- Support carers' personal development by developing knowledge and skills relevant to their needs.
- Help carers draw up realistic plans for further education, training, employment and leisure.
- Provide a nationally recognised qualification that will help boost confidence and return to the workplace.

Who can benefit?

The Certificate is aimed at adults who have been, or are currently, unpaid carers. Although learner's previous education, training and skills vary, the Programme is accredited at Level Two (Level five in Scotland) of the National Qualifications Framework. This means carers will need comprehension, reading and writing skills in English at this level.

What does the Certificate cover

- The Certificate is a qualification that carers can undertake through a City & Guilds approved centre. *Learning for Living* can be used as a learning resource for candidates undertaking the qualification.

Qualification content

There are four units in the programme, each of which has four component topics:

Unit 1: Personal Development Planning for Carers

- Return to Learn - improving your learning skills
- Tuning in - communicating well
- Standing firm - developing assertiveness
- Shaping your future - putting your skills to use

Unit 2: The Needs of the Carer

- Keeping healthy
- Managing life's 'ups and downs'
- You in the caring role - sharing responsibilities
- Enjoying Life

Unit 3: Influences on and Impact of the Caring Role

- Welcoming difference
- Understanding relationships
- Why do we do the things we do?
- Living with loss

Unit 4: The Carer as Manager

- Safety matters
- Managing money
- Understanding and influencing care services
- What next?

What equipment will be needed?

Access to a multimedia PC with a modem to get onto the internet will be required if the **Learning for Living** resource is being used to deliver the qualification.

Learners will require only very basic computer skills, such as using a mouse and typing small amounts of text.

Both the *Learning for Living* resource and the *Certificate in Personal Development and Learning for Unpaid Carers* will be fully available from September 2004. City & Guilds is taking pre-orders for both products from 31 March 2004.

How do I find out more?

To find out more about the Certificate, please contact :

T: 0207 294 8217

F: carers@city-and-guilds.co.uk

www.learning-for-living.co.uk

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Key points

- The first qualification of its kind in Europe aimed at unpaid carers
- Unique tailored online content in the form of **Learning for Living** resource
- Develops the whole person: confidence, IT skills