

Aims of the Service:

- to empower carers to take control of their lives and the support they receive
- to enable carers to make the support they receive work for them
- to support carers to feel healthier in themselves
- to help carers rediscover themselves through their own interests and leisure opportunities

Duration of support:

We will work with you for up to one year initially, with the possibility of more support.

We want to make sure that you are happy and feeling benefit from the support you receive, so we will check your progress regularly with you.

Your commitment:

This process is about making real positive changes to your life as a carer, so you will be asked if you are ready to commit to making these changes.

Where can I find out more about this service?

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Enabling and Empowering Carers

A person-centred planning service to help carers make positive life changes for the future

Your situation

- You are dealing with your caring role, but things are getting on top of you
- You are not getting enough of the right kind of support
- Your own aspirations have got lost amongst your caring responsibilities
- You feel exhausted and worried about your health
- You feel that people around you are not really listening to your own needs

How can the service help?

Vocal provides information, support and advice for carers in the short term and for many this is enough to make things much more manageable.

You may however feel you need a longer structured period of support to help you to plan and make real changes in your life as a carer.

These changes might include:

- improving relationships with others
- making more time for yourself
- taking part in new leisure activities
- applying for a new job

We will assist you to:

- identify what you would like to change or improve for the long term
- identify practical goals to reach to get closer to your ideal future
- work on your own personal action plan to make long term changes
- access new services which are specific to you

We call this '**person-centred planning**'

What will happen?

Stage 1 - my life now

We will listen to you talk about what is difficult for you and what is stopping you enjoying your life as carer

Stage 2 - me and my supports

We will ask you about yourself and we will ask you who you feel is supportive to you in your life and why

Stage 3 - the good things in my life

You will talk about what things are good in your life and what is working well

Stage 4 - my best hopes for the future

Aspects in your life you would like to change in order to improve your life

Stage 5 - goal setting

You will identify your own personal goals to reach to get to you to the point you want to be in your life

Stage 6 - making plans into reality

Your goals will be broken down into manageable tasks to take action on

Stage 7 - review

You will be asked about how you feel the plan is going and if you feel things have improved