

## Looking After Me

**Do you look after someone?  
Is your health affected?  
Would you like to feel more in control?  
Then Looking after Me is for you!**

### **What is the Expert Patients programme (EPP) Looking after Me course?**

'Looking after Me' is a free course for adults who care for someone living with a long-term health condition or disability.

As the name implies, the course is about you making time to look after your own health needs. It aims to help you take more control of your situation and make a difference to your life.

The course looks at:

- relaxation techniques
- dealing with tiredness
- exercise
- healthy eating
- coping with depression
- communicating with family, friends and professionals
- planning for the future
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Looking after Me does not cover carer's rights or benefits, nor practical caring skills such as lifting and handling, although there will be information available on these topics on a resources table.

### **Who can take part?**

Any adult who has a long-term health condition themselves, (such as arthritis, asthma, back pain, heart disease, hormonal disorders, mental health problems and many more) **and** who gives help to a relative, or friend who is ill, disabled, elderly or in need of emotional support (in other words they are a Carer)

**OR**

Any adult who is a Carer **and** whose health is affected by this (back injury, stress related illness, psychological ill health, for example).

### **Practicalities**

Looking after me is led by trained tutors who themselves have experience caring for a relative or friend.

The course is run over six weekly sessions lasting two and a half hours each (including a refreshments break).

### **How can it help you?**

Taking part on a **Looking after Me** course, you will:

- learn new skills to help you to cope with your caring situation
- develop the confidence to take more control of your life
- meet with others who share similar experiences

People who have taken part in a **Looking after Me** course have reported that it has helped them to:

- feel confident and more in control of their life
- manage their caring situation more effectively
- be realistic about the impact of their caring situation on themselves and their family
- develop more effective relationships with health and care professionals
- Use their skills and knowledge to lead a fuller life

**Contact:**

**Sue Tobey**

**Expert Patients Programme Co-ordinator**

**Herefordshire Primary Care Trust**

**Victoria House**

**Eign Street**

**Hereford HR4 0AN**

**Tel: 01432 262062**