



**Are you supporting, helping or looking after someone who has a serious or progressive medical condition that is unlikely to be cured?**

**We are looking for people who are caring for a family member, partner, relative or friend to become part of a new carer group.**

**If you are caring for someone with a serious or progressive medical condition like advanced respiratory, cancer, chronic kidney disease, heart failure, or another illness which may not be cured such as dementia or MND we would like to invite you to become involved.**

The aim of the Carers ECHO programme is to support you in your caring role by providing up-to-date relevant information **and increasing your knowledge, skills and confidence**. You may also find support through meeting other people in a similar situation as you, learning from each other and sharing experiences.

Each person will have different needs but there may be areas where information and advice could be provided which will meet the needs of many carers. We will involve you in deciding what topics you would find helpful.

Among the topics which could be covered are:

- What is expected from a carer & what should a carer expect
- Advance Care Planning
- Spotting deterioration
- Psychological support – stress management, dealing with anxiety
- Promoting self-care: nutrition, exercise and sleep
- Dealing with medication
- Symptom management
- Bereavement care

There will be approx. 5 sessions run between January until March 2018. Each session will last between 60 and 90 minutes.

You can join the sessions online using your computer, tablet or phone so you don't even have to leave your home! You will be supported with the technology every step of the way.

An introductory meeting is taking place on **Tuesday 16 January from 10 am until 1pm**. The training sessions will take place **in ECHO HQ at The McCune Building, Shore Road, Belfast.**

If you would like to participate in the Carers ECHO project please complete the expression of interest form and return to

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