



Creating Family Champions

Who we are:

Trainers: Gail Hanrahan & Jan Sunman

Oxfordshire Family Support Network (OxFSN) is a Registered Charity and a Company Limited by Guarantee. (Registered Charity Number 1143367, Company Number: 7583197).

The organisation is run by and for families of people with a learning disability of all ages and provides information, advice, support and training to family carers and professionals. We provide up-to-date information about the issues that affect family carers and a platform to ensure that their voices are heard by those responsible for designing and delivering services.

Course Title: Creating Family Champions

Course Duration:

Six sessions starting in January 2015 and completed by March 2015

Dates: 19th & 26th January, 2nd & 16th February, 16th & 23rd March

Times: 10 AM to 2 PM

Course Location:

Carers Oxfordshire training room

The Charter, Level 2, Abingdon, Oxfordshire, OX14 3LZ

Course Headings:

- Sessions 1 & 2 **Person Centred thinking skills**
- Sessions 3 & 4 **The Legal Framework**
- Session 5 **Managing the Money**
- Session 6 **Planning for the Future**

Course Content:

Session 1 & 2:

The first two sessions provide an introduction to person centred thinking, planning and approaches.

Person centred thinking

Person centred thinking is a set of values, skills and tools that help with getting to know someone, find out what is important to them and how they want to live their life. It challenges the idea that people with similar needs all want or need the same thing and looks deeper and in more detail about what makes individuals 'tick'.

The purpose of the first two sessions is to introduce the core fundamental thinking tools and thinking skills needed to develop a person centred plan.

Session 3 & 4:

The Legal Framework. How to navigate Social and Health care systems – rights and Responsibilities. Covers – the Mental Capacity Act 2005, the Care Act 2014 The Children and Families Act 2014. Carer's rights.

Sessions 5:

Managing the money - Benefits – an overview of the core disability benefits – DLA, PIP, ESA – where to get help and support. Managing your relative's money. Being an Appointee. Becoming a Court Appointed Deputy under the Court of Protection

Session 6:

Planning for the future – in this session we will start to bring everything together for the previous sessions and reflect on learning. We will develop a PATH – a group one to begin with but with the focus on family carers developing their own PATH looking at their hopes, dreams and ambitions for the future.

- 1-1 mentoring will be available throughout the course and afterwards

What people will gain from the course:

- A network of family carers locally, supporting each other in their caring role
- An understanding of person centred thinking, planning and approaches in order to support their relative to develop a person centred plan
- An understanding of how to use the person centred thinking tools to effectively plan for and improve the quality of life for their relative (and themselves)
- To recognise their own gifts and talents, as well as their relatives by the use of self reflection skills
- An overview of the health and social care legislation, enabling them to better navigate these systems
- An understanding of the Mental Capacity Act – rights and responsibilities under the act. A better understanding of choice and control and best interests decision making.
- An understanding of the core benefits for people with disabilities. How to manage their relative's finances and or support their relative to manage their own money through supported decision making.
- See themselves as 'experts by experience' and develop the confidence and knowledge to effectively support their relative to live the life they chose
- Mentoring from experienced family carers who have themselves moved from being unemployed (due to their caring role) to volunteering and ultimately paid work.
- Confidence and knowledge to enable the individuals to both improve their own skills and competency and to consider doing this for others in the future.

Who is the course aimed at and why?

The course is aimed at unemployed family carers and will include lone parents, parents over 50, and members of minority ethnic communities. The course is aimed at carers who are currently not in employment, but who would like to gain skills, to enable them to think about volunteering, going on into further training or who like to think about gaining employment.

For more information: contact Jan Sunman on 07596 784 947 or email: info@oxfsn.org.uk

Or fill in a contact form on our website www.oxfsn.org.uk