

# Training & learning opportunities for carers

## Carers UK E-Learning

<https://www.carersuk.org/e-learning-courses>

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A suite of e-learning courses designed to support carers and people working with carers. Courses deliver Carers UK's expertise directly to your PC, laptop, or tablet allowing carers and professionals to access a range of resources in their own time.

- **About me:** This e-learning course helps carers find the support and resilience required to prevent it becoming overwhelming.
- **Good nutrition:** Managing the nutrition of the person you're caring for - without neglecting your own - can be a challenge. This course can help.

## Open University Carers' Scholarships Fund

<http://www.open.ac.uk/carers-scholarship-fund>

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Being an unpaid carer for a friend or family member can place huge demands on the lives of carers. If you are, or have recently been, an unpaid carer, the Carers' Scholarships Fund could allow you to study an OU qualification for free.

50 scholarships (paying for the full tuition cost of your qualification) will be available to unpaid carers who meet the eligibility criteria, with 15 reserved for young carers between 18–25.

## Recovery College

<https://www.recoverycollegeonline.co.uk/>

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Providing a range of online educational courses and resources to people with experience of mental illness, and their family and friends. Free online learning includes areas such as:

- Coping During the Pandemic
- Recovery
- Lifestyle & Wellbeing
- Communication & Behaviour
- Diagnoses Courses
- Medication
- Trauma
- Mental Health Legislation
- Supporting Children & Young People
- For Children & Young People

## Learn my Way

<https://www.learnmyway.com/>

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Want to improve your computer skills? Learn my Way has lots of free courses for you to learn digital skills to stay safe and connected, such as; Using your computer or device, Improving your health online, safety online, and basics such as using email from internet shopping and much more.

## **Supporting Unpaid Carers Resource**

<https://www.e-lfh.org.uk/supporting-unpaid-carers/>

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A selection of bespoke bite-sized e-learning sessions for carers, developed with expert advice from Carers UK.

Offering advice on relevant topics such as dementia, mental health, physical disability, infection protection and end of life care. Including carer wellbeing such as managing your sleep, back care, and managing your time.

In addition to a downloadable resource guide providing help on issues such as your rights to benefits, support for carers and caring for those with visual or hearing impairment.

## **Caring for Adults**

<https://www.open.edu/openlearncreate/course/view.php?id=2171>

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An introductory online course for anyone in a caring role, either paid or unpaid. It builds on what you already know to give you a better understanding of your role as a carer. It also supports your own wellbeing by giving you some ideas and information about looking after yourself and dealing with stress.

The course is free and you can study without enrolling. Find out more about the Caring for Adults course on the OpenLearn Works website.

## **Future Learn: Understand and care for people with dementia**

<https://www.futurelearn.com/courses/collections/dementia>

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Free online courses where you can explore dementia information, research and best practice. Courses include; 'The Many Faces of Dementia', 'Understanding and Managing Challenging Behaviour', and 'Staying Connected and Living Well'.

Designed for carers to help you keep in touch with others, manage stress at home and diffuse difficult situations.