

We provide bespoke training to help your employees manage and enjoy being a carer of elderly relatives.



Support for working carers recognised as having a positive impact on employee wellbeing

“This presentation has really helped me, knowing that there's lots of support and advice out there. Thank you so much”. Final 15 webinar participant June 2020

People who attend our workshops are consistent in their praise. Being a family carer can be a lonely and exhausting experience and if you are still working, as 1 in 8 family carers are, then the pressures of ‘keeping up appearances’ at work add to the burden. This is harder to bear when workplace support is missing. Working carers often do not feel confident in discussing their caring responsibilities with colleagues or employers. [Research](#) by Carers UK found that working carers are too often ‘hidden in plain sight’ with colleagues and employers not aware of the pressures they are under. One of the recommendations of the Carers UK research was for employers ‘to create a culture of inclusion and support, increasing the visibility of carers issues.’

CIPD, the Human Resources Professional Network has published a [guide](#) to becoming a carer-friendly workplace which includes providing support in house. When employers are unable to do this, they can call on Caring4Elders to step in, enabling working carers to come together in our webinars and workshop programmes to share stories, identify issues, and find solutions. Our sessions inspire confidence and leave a legacy of peer-to-peer support which helps to ease the burden for working carers.

“{The best parts of the workshops were} Sharing Stories, problem solving, understanding the need to prioritise my own wellbeing” Workshop participant 2019

Contact us:

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Caring4Elders have delivered workshops in the workplace since 2012. Participants confirm the value of time to reflect on their personal circumstances, share this with colleagues and identify solutions. Employers report greater staff wellbeing. Clients across the UK include Arup, AstraZeneca, University of Cambridge, Addenbrookes Hospital.