

**ARCH**

**Awareness - Recognising Changes in Health**

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**What it’s about**

This 75-minute awareness session is for carers – caring can be challenging it’s designed to help you care for your loved one, as well as take care of yourself.

Basic awareness of recognising changes in health

Presented by an experienced clinical tutor

Delivered on Zoom (digital platform and help can be given to access)

**We will give you some hints and tips on how to recognise subtle signs of worsening health**

**We will also help you understand how to access appropriate healthcare when there is a problem**

**And give you new skills in self-care**

**Sessions will be delivered on Mondays and Tuesdays from 6th Dec to 31 Jan 2022.**

To book a place please click the link below:

[www.eventbrite.co.uk/e/arch-tickets-216242556307](http://www.eventbrite.co.uk/e/arch-tickets-216242556307)

Once you have completed the online booking process you will receive confirmation by email.

Any issues please contact: Nicola Haigh at nicola.haigh@cpa.healthcare or Carers Count at 0300 012 0231 or [info@carerscount.or.uk](mailto:info@carerscount.or.uk)

**Awareness content**

* Introduction
* Awareness of health emergencies
* What to look for……
* Who do I call?
* How to make the call
* Looking after yourself