

Wellbeing for individual employers, PAs and those supporting them



Welcome

This webinar is being recorded for others to watch.

Attendees are on mute.

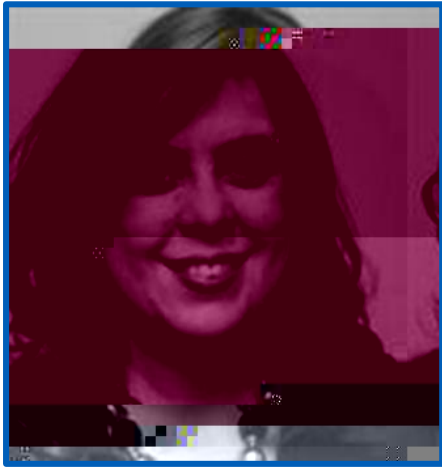
Please do chat, comment and ask questions via facilitators.

We will be answering some questions sent in prior to the webinar.

There may be questions that come up during the session which we will check.



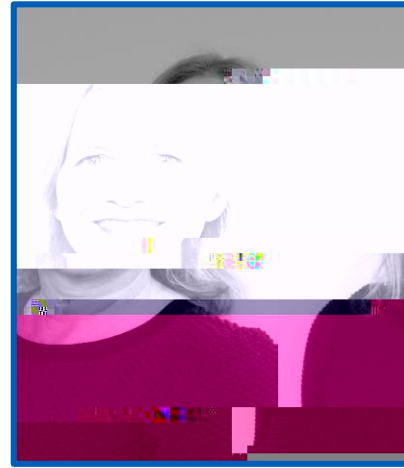
Presenters



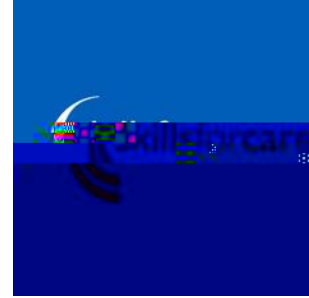
Carol Reeves
Project Manager,
PA Framework



Jez Ashdown
Locality Manager



Juliet Green
Project Manager,
Workforce Innovation

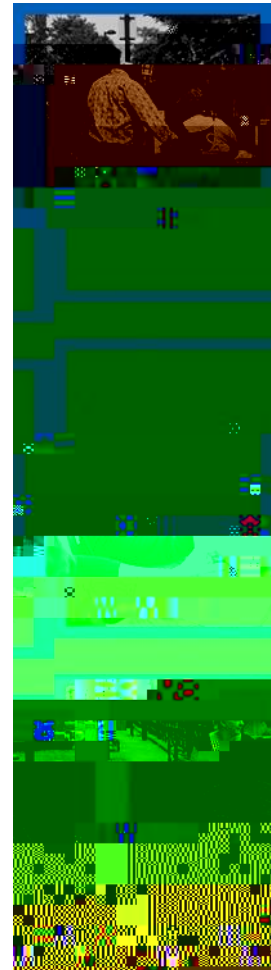
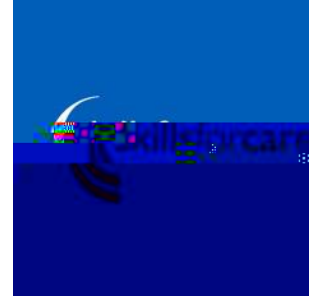


Wellbeing:
**A state of being comfortable,
healthy or happy**

Oxford English Dictionary definition

Your well-being is important

This is what employers told us

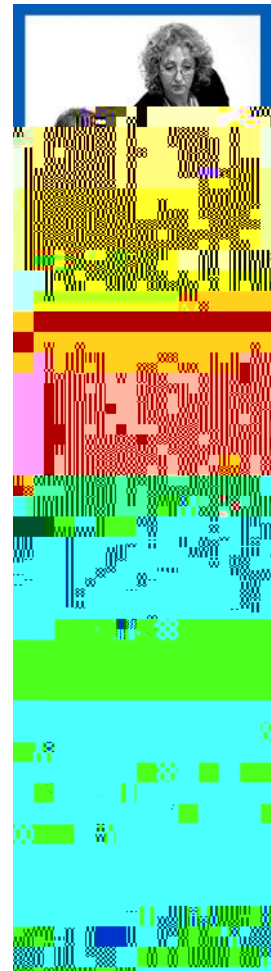
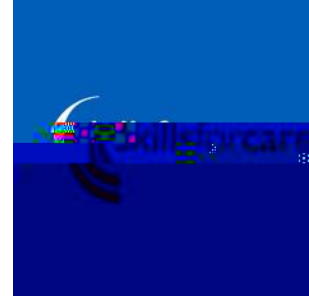


Sebastian

In this video we hear from Sebastian who employs his own PA.

Sebastian has kindly shared his experiences of the challenges he has faced since the start of the pandemic.

This video is about 7.5 mins in length.



Some of the challenges faced

These are just a few examples from our conversations, there will be others

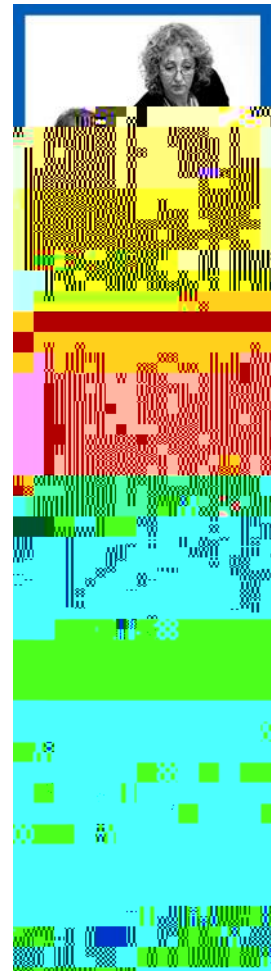
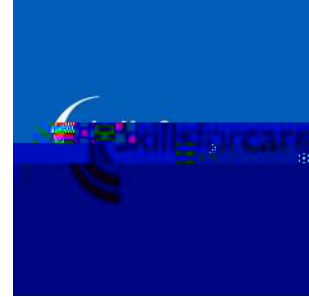
Isolation from usual sources of emotional and social support.

Guilt at not being able to support family members outside of the household.

Frustration at the lack of clear information from local and central government.

Worry about the added costs of PPE and additional support.

Worry about the loss of some services (e.g. day services).



Supporting your well-being

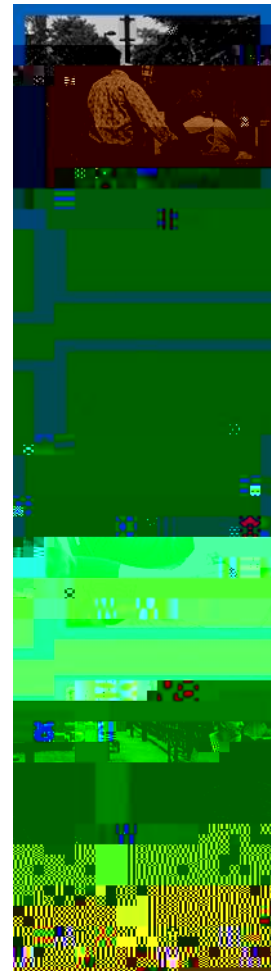
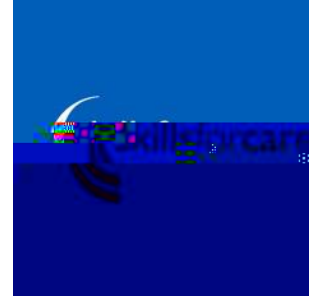
Guidance and tools

Each of you will face different situations and have different ways of dealing with problems.

We can help individual employers and PAs find help and support to manage their wellbeing.

This webinar will offer some guidance and tools for you to use in ways that suit your situation.

Remember you are the experts in your own well-being so choose the tools or approach that best meets your needs.



Five ways to wellbeing



Connect

Make a list of those people who are important to you and set up regular phone or video call.

Use social media to stay in contact with and grow your wider network (taking care to do this safely)

Use activities such as quizzes and games to enhance the on





Take notice

It can make you feel better

Being aware enhances wellbeing.

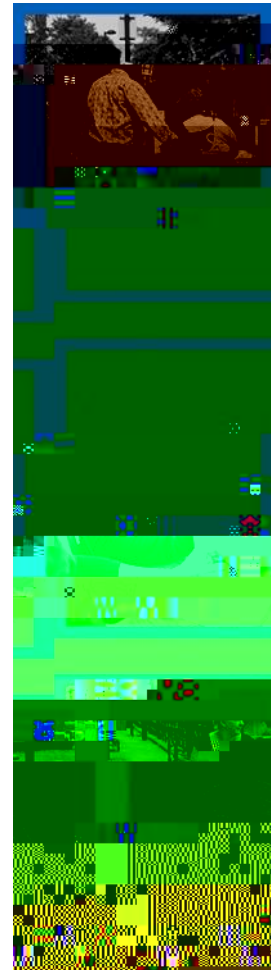
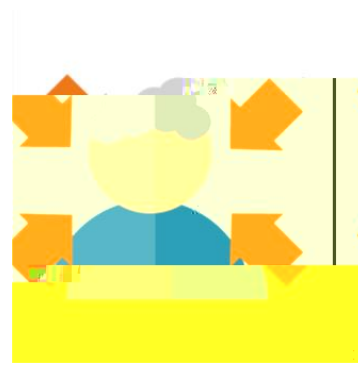
priorities.

Be curious and take the time to notice what is happening around you. Pay attention to details, be aware of all your senses.

Where you can vary your routines or places you visit so you see something different.

Paying attention to an external stimulus can help de-clutter your mind.

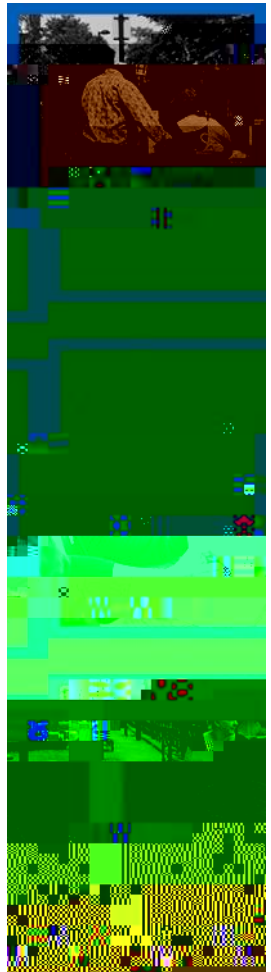
Practice mindfulness.



Keep learning

Learning and discovery are core human needs, and we all learn throughout our life.

Gaining knowledge or a new skill can help build self-



Give



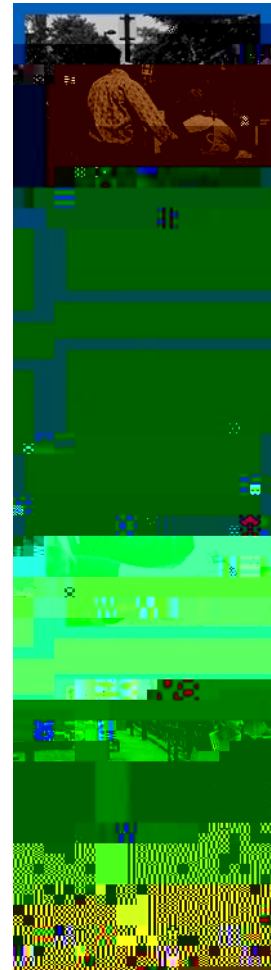
Things you could consider

Volunteering to offer on-line or telephone support to others in your community, this could be just a weekly call to someone who lives on their own.

Share your knowledge or skill with others, offer advice and support. You could support an older person to learn how to use video calls.

Checking on neighbours who may be self-isolating or struggling to get to the shop etc.

There are many small ways to help someone in your community, you just need to reach out.



Dealing with immediate demands and pressure



Supporting self

PERSON:

to help manage your own emotions

CARE:

de-escalating in challenging situations





Feeling out of control?

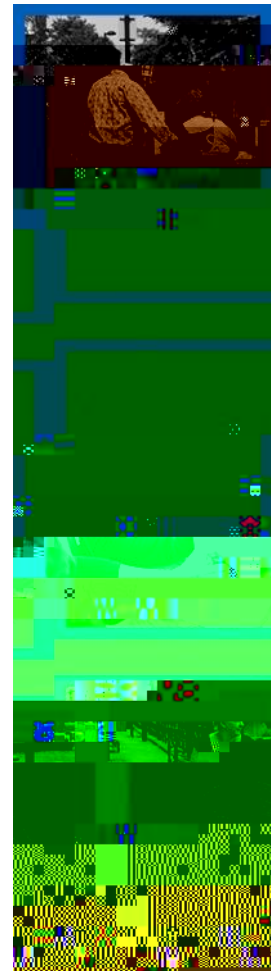
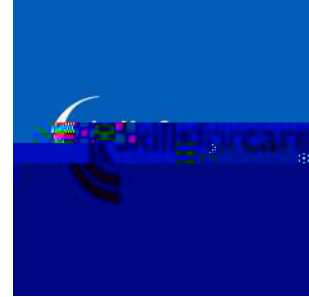
Managing feelings and taking control of our responses

Think of your situation in terms of:

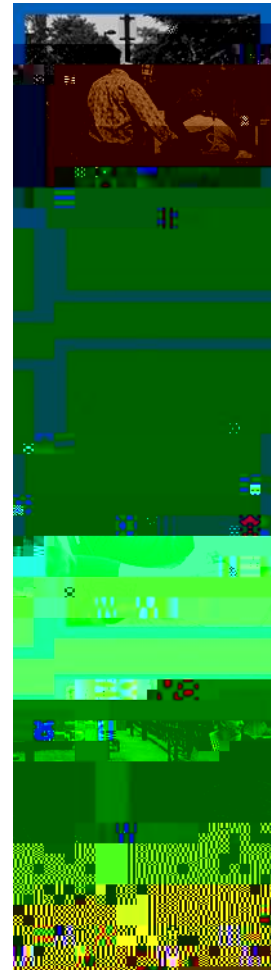
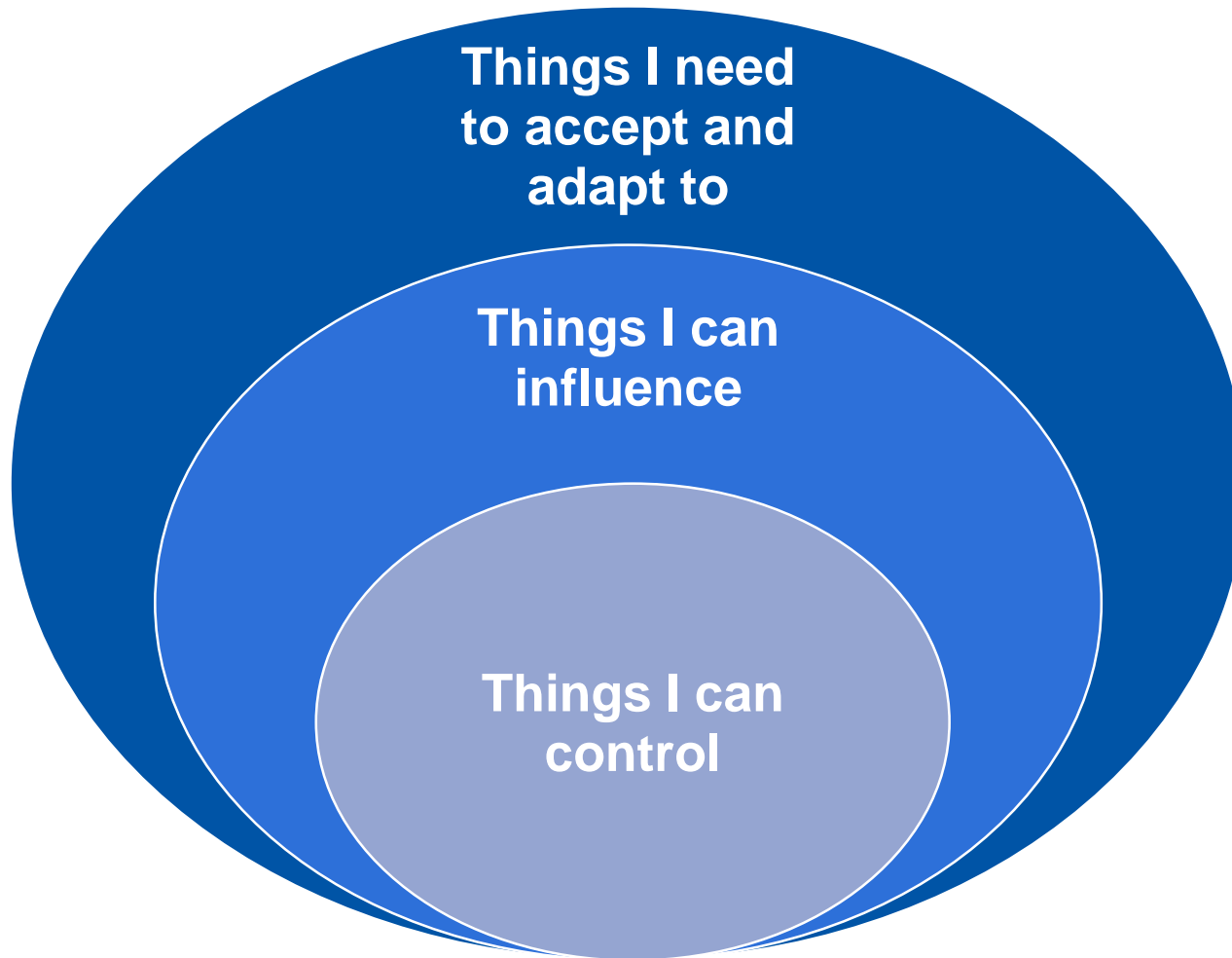
things you can control

things you can influence

things you can accept and adapt to.



Control, Influence, Accept





Putting these approaches into action

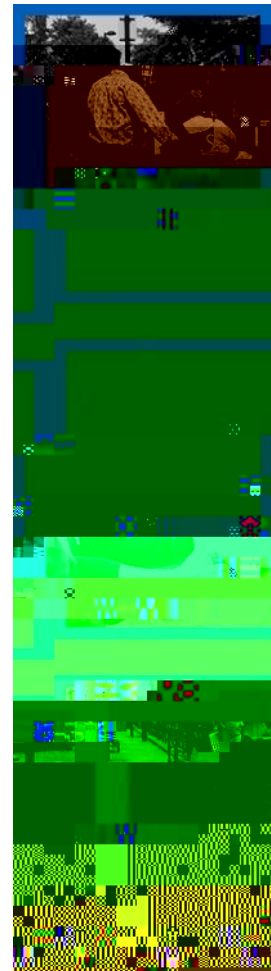
her daughter, main carer for her parents and was shielding herself.

Felt let down by services, agencies and even her PAs.

Had contact with a small group of friends.

Made lists and felt she had to be organised about every aspect of her life.

Anna felt guilty about not being able to spend time with her daughter and parents and was emotionally drained.



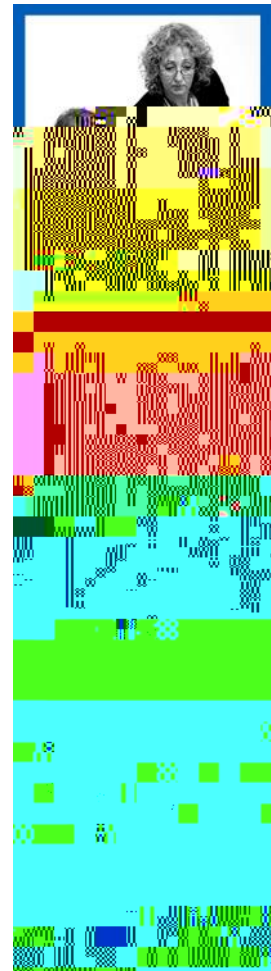
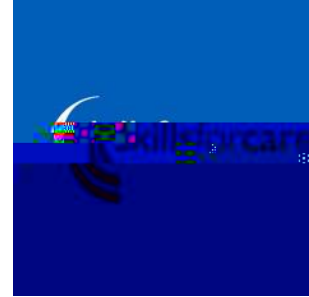
Sally

Individual employer

In this video we hear from Sally who is an individual employer.

Sally has kindly shared her experiences of the challenges she has faced since the start of the COVID-19.

This video is about 7.5 mins in length



What you told us

one thing

boosted your



**Thank you for taking
part in this webinar**

Any questions?

Where to find help

Look after your mental health:

www.mentalhealthatwork.org.uk/ourfrontline/

www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health

www.nhs.uk/oneyou/every-mind-matters/

Learn more about mindfulness

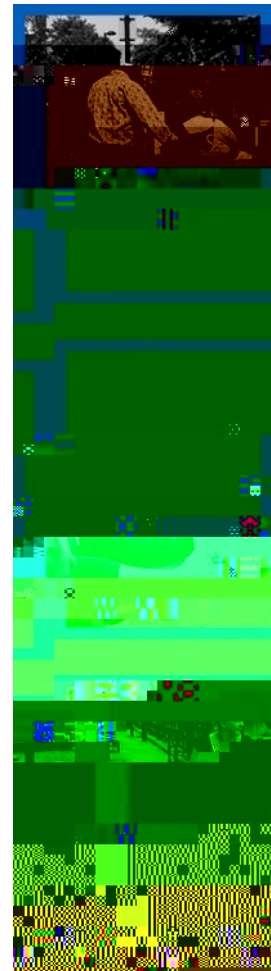
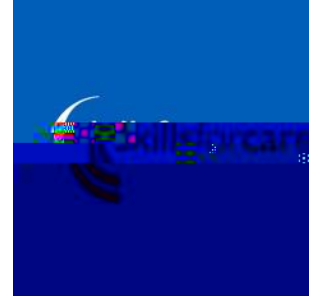
www.e-lfh.org.uk/programmes/introduction-to-mindfulness/

Help with sleep

www.Sleepio.com

Manage stress, anxiety and depression

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



General advice and links

The logo for CARE, consisting of the word "CARE" in a bold, teal, sans-serif font.

Download the free Care Workforce app or <https://workforce.adultsocialcare.uk/login>

Download the 'Daylight' app from your app store, search: Daylight- Worry less

COVID-19 guidance for the public on mental health and wellbeing

www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing



Information hub for individual employers and PAs

The information hub has links to practical advice, guidance and resources for:

- individual employers

- personal assistants (PAs)

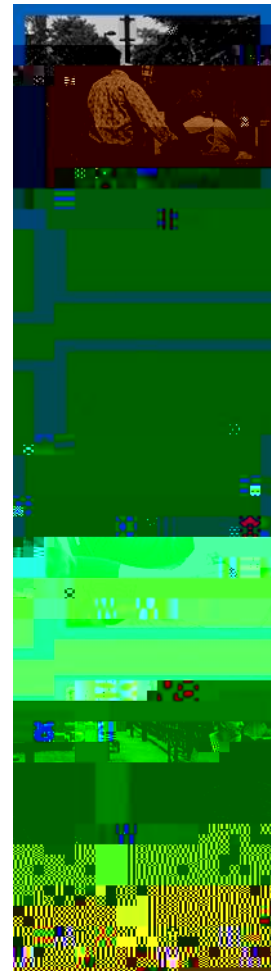
- people who support individual employers and PAs.

www.skillsforcare.org.uk/iepahub



Quarterly newsletter

create an account on the Skills for Care website
select the **'Newsletter for individual employers and those who support them'**
option under the 'Contact preferences' section.





Find out more

www.skillsforcare.org.uk/iepahub