



Family  
Carers  
Ireland

No one should have to care alone

# WORKING CARE OUT

Helping family carers to re-enter the world of work and education



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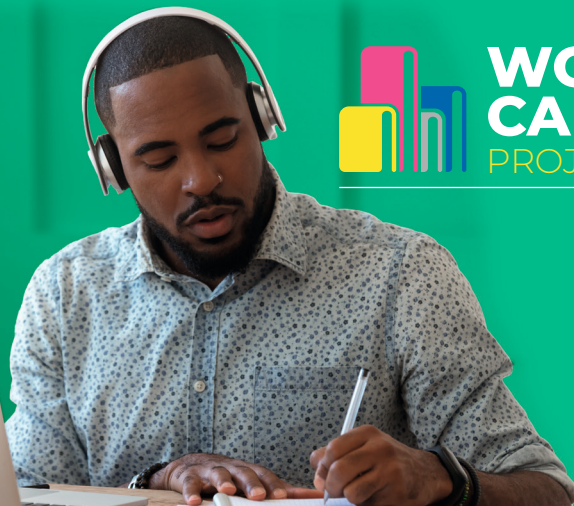


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## THINKING OF RETURNING TO WORK OR EDUCATION?

In Ireland today, there are over 500,000 family carers who provide unpaid care in the home to family members, relatives or friends who have additional needs. You could be caring for a child with an intellectual disability or a parent with dementia and you may have given up paid work or education to take care of them.

Over time, your care situation may have changed and maybe now you would like to get back into the world of work and/or education. Family Carers Ireland is here to help you. We understand the prospect of returning to work or study can be a daunting one. But our **FREE Working Care Out Project** is here to offer you support and guidance as you navigate this path.



The **Working Care Out Project** supports family carers aged 18 to 65 who want to go back to work or education. We work with you to think about your caring role, your wellbeing and any questions and worries you may have about returning to work or study. We offer a range of supports for you to access including a one-to-one wellbeing review, access to a drop in clinic, an online group support and skill development programme. You can avail of as much or as little support as you need.

THERE IS NO CHARGE TO TAKE PART – THIS PROGRAMME IS **FREE!**

### Working with you one-to-one we will consider:

- ✓ Any worries you have about being out of the workforce or education
- ✓ How to balance you home life if you go back to work/study.
- ✓ What you have to offer as a worker
- ✓ The impact earning may have on any benefits you are currently receiving e.g. Carer's Allowance or Carer's Benefit
- ✓ How will you adapt to new technologies
- ✓ Time management techniques and study skills to support your learning
- ✓ Where to find jobs and courses
- ✓ Any physical and emotional issues holding you back.
- ✓ How to cope with prepping and doing an interview.
- ✓ + any other queries you may have
- ✓ How best to include your family caring role on a CV or mention it at the interview stage.

## WHAT IS INVOLVED WITH THE WORKING CARE OUT PROJECT?

1. Complete a Working Care Out registration form by downloading it from [www.familycarers.ie](http://www.familycarers.ie) or Freephone **1800 24 07 24** to request one by post.
2. When we receive your completed registration form, we will contact you to arrange an appointment for a wellbeing review
3. You will meet the Working Care Out Project Manager via Zoom to complete a wellbeing review. If you don't have internet access, the review can be done over the phone – however if at all possible we ask you to try to use Zoom – it's always good to see each other!
4. At the meeting, we will discuss your goals for work or education and will consider your wellbeing using The Carers Star™. We'll talk about 7 areas of your life:
  - Health
  - The Caring Role
  - Time for Yourself
  - Managing at Home
  - Finance
  - How you Feel
  - Work and Education
5. We'll then talk about the barriers you are experiencing and agree actions to help you overcome these barriers with confidence.
6. The Working Care Out Project Manager will check in with you every 2 weeks to support you to achieve your goals.





## ONGOING SUPPORT AND ENCOURAGEMENT

In addition to working with you one-to-one, you will also have the option to:

- Attend a group-based online support and skill development programme to meet other family carers who would also like to return to work or study.

In this programme you will receive training in:

- ✓ Realistic career exploration
- ✓ Where to look for jobs/courses
- ✓ Time management
- ✓ CV prep
- ✓ Study skills
- ✓ Social Media profile
- ✓ Use of technology
- ✓ Interview skills



You can also:

- Attend a virtual clinic with an employment specialist who will answer your questions about job seeking, career or education pathway.
- Attend specialist online workshops delivered throughout the programme
- Engage with a range of other supports and services offered by Family Carers Ireland. e.g. counselling, respite etc.



## HOW CAN I GET INVOLVED?

If you would like to avail of this FREE service or get support with any other aspect of your caring or former caring role please:

- Email us at [wco@familycarers.ie](mailto:wco@familycarers.ie) to submit your interest
- Call our Freephone Careline on **1800 24 07 24**
- Or visit [www.familycarers.ie/workingcareout](http://www.familycarers.ie/workingcareout) to find out all you need to know!

## ABOUT US

**Family Carers Ireland** is the national charity dedicated to supporting the **500,000+** FAMILY CARERS across Ireland who dedicate their lives to caring for their loved ones, including children and adults with physical or intellectual disability, frail older people, those with palliative care needs and people living with chronic illness or addiction and mental health issues mental health issues.



To find out more about Family Carers Ireland, please visit [www.familycarers.ie](http://www.familycarers.ie).

