Caring Counts: a self-reflection and planning course for carers

Caring Counts features the experiences and personal reflections of carers with diverse backgrounds and caring responsibilities. Their comments and their reflective activities highlight a range of personal journeys and the circumstances and challenges that have affected real life choices.

Caring Counts has been developed by The Open University in Scotland with and for carers, in collaboration with Scottish Young Carers Services Alliance and carers centres in Renfrewshire, Dumfries and East Dunbartonshire.

CARERS

Caring Counts will help you gain a clearer understanding of who you are, identify your personal qualities and recognise the range of skills and abilities developed from your personal experiences and while caring.

It will also help you to look forward, think about what you'd like to do now or in the future, and to make plans that will help you get where you hope to be.

SUPPORT WORKERS AND NON-CARERS

It will help you gain a clearer understanding of carers’ experiences and recognise the range of skills and abilities that people develop in a caring role.

www.open.edu/openlearnworks/caringcounts1
How can Caring Counts be used?

Caring Counts takes about 10 hours to complete. You can work through the activities on or offline, on your own, with a mentor or in a group with a facilitator.

A guide for facilitators shows how this flexible course can be used as a resource to encourage carers to engage with the idea of reflection, and how they can use this skill in their learning as well as other aspects of their life.

The course includes potential learning paths from informal to formal learning. Successful completion of the optional online quizzes gains one of the following digital badges acknowledging your achievement:

“I think you definitely lose confidence if you have to give up a career, for whatever reason. Reflection helps you realise your potential which can get lost in your caring role.”

Lesley Bryce, carer

Caring Counts is available online free from OpenLearn Works – a leading, innovative open educational platform where individuals and organisations can publish their open content, open courses and resources.

Please contact Lindsay.Hewitt@open.ac.uk at The Open University in Scotland if you would like to find out more about this resource.