

CARERS UK HELP REBUILD CONFIDENCE OF CARERS WITH THE GC INDEX®



According to figures published in 2022, 6.5 million people are carers cross the UK alone, supporting a loved one who is older, disabled or seriously ill. And there are more than 63 million carers internationally according to the International Alliance of Carer Organizations (IACO). But who is caring for them?

Research shows carers often neglect their own health and give up their own hobbies or interests due to their caring responsibilities. Many rely on benefits and have very little respite support – the pandemic only magnified their sense of social isolation. So, what can we do to support carers?

THE BACKGROUND

Carers UK contacted GCologist Simon Phillips, from GC Partner The Change Man, to help them design a programme to support carers across the UK. The aim was to:

- Increase carer's self-confidence.
- Encourage carers to invest in themselves.
- Help carers forge personal networks.
- Provide support for those wanting to bring about change to their life.
- Support Carers with ambitions of applying for work outside of their caring responsibilities to regain their confidence (especially if they have been out of the workforce for a while).

The programme tapped The Change Man's research on and writing about the small things that make a difference when it comes to personal effectiveness, networking and steps needed to make change happen.

HOW THE GC INDEX® WAS USED TO MAKE AN IMPACT

The Change Man worked with Carers UK to design a programme called 'ReDiscover You'. This was delivered online across eight modules with everyone receiving a GC Index® profile as part of the process.

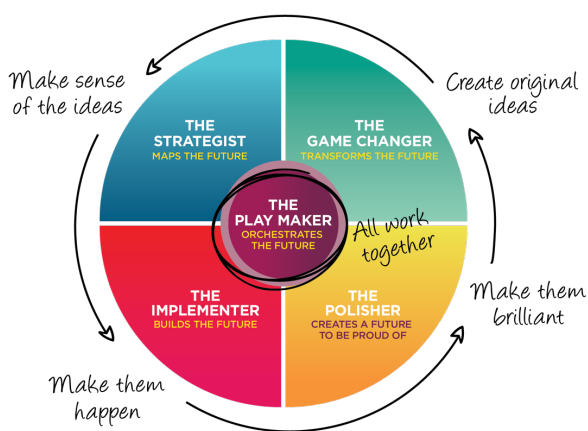


HOW THE GC INDEX® WAS USED TO MAKE AN IMPACT CONT...

The GC Index® uses positive language to complement the aims of the programme, which included rebuilding confidence.

The review process is also designed to enable individuals to develop practical actions in terms of how they will use The GC Index® to support them, so it really helped Carers understand how they can forge personal networks and thrive on change.

The process also identified what might be preventing them from moving forward, creating further clarity at a critical time.

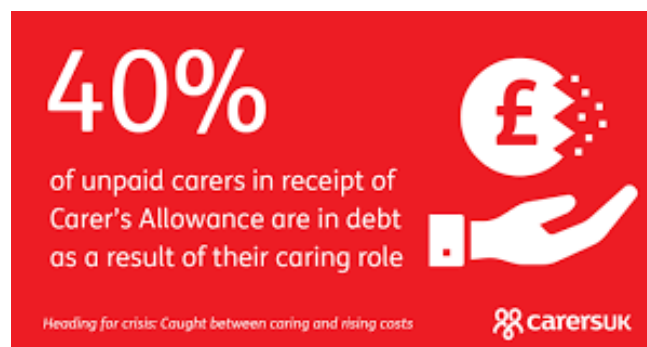


THE IMPACT MADE WITH THE GC INDEX®

Carers UK and the carers themselves who have been through the programme have been impressed with the impact 'ReDiscover You' has made to bring this excluded group back into the workforce.

For many it reinforced their sense of personal value. As carers they develop an amazing skillset and the impact of knowing the unique value they can bring to any situation through understanding their proclivities, was an immediate boost to their confidence. Everyone left their one-to-one reviews feeling energised about how they can rekindle any aspirations they had.

One Game Changer (individuals who transform the future through original ideas) saw it as a clear statement of her value as, in her eyes, it seemed to reinforce the value of her autism.



THE IMPACT MADE WITH THE GC INDEX®

Of the individuals who have completed the programme, successes include:

- One participant launching a new business.
- Others starting community related projects.
- Many restructuring hobbies into potentially fee-earning initiatives.
- Individuals gaining the confidence to move house and rebalance family relationships more assertively.
- Many individuals identifying and securing meaningful paid work outside of the unpaid caring roles they already had.

One participant said: "The programme has been wonderfully inspiring. Connecting me with a network of amazing carers and giving me the hope and motivation to connect with my dreams. It has empowered me knowing possibilities exist and are within my reach."

"Thank you again for all your work in designing, delivering & evaluating the ReDiscover You course. You've done a great job for the participants and for Carers UK."



ALISON ROGERS
Director of Carers
Support, Carers UK

