

Myths about working in care

People think that if you're working in care, you do everything for the people you care for, when actually they can do things for themselves. It doesn't feel good that they're just assuming people can't care for themselves at all, just because they receive care.

Before I started at Persona I didn't know all the different pathways there are, such as long-term living with Shared Lives. Now I've learned how many different options there are and my perception has definitely changed. I've seen all the hard work that goes on behind the scenes to get the perfect care package for each person.

There's a lot on telly about the way some carers treat older people and I think myths grow from there about how bad care is, but I ignore what I hear and just get on with what I can do and what my colleagues do. I've watched them work while I've been here and that's made me grow as a carer.

Some people sometimes say 'oh, I don't think I could do that' but it's really rewarding & I love to do the job.

You get people who say 'I don't know how you can do that, when people aren't well and there's things to be cleaned up', but it's just part and parcel of the job and you get on with it. I'd like to think that if and when it ever comes to me there'd be someone there to look after my needs, so you do your job as if it's for you or your own family.

People think that care work is not really a nice job. Sometimes the news coverage is negative because there are people who shouldn't be, working in care, because it's not for everybody. The downsides to the job are that yes, people do get older and may pass away but there are wonderful things you get from caring for somebody.