

## **What is it like to work in a Day Service?**

### **A Day in the Life of a Day Services Care Worker**

#### **Sharon Tye (Care Worker) Mansfield Day Service, Rainworth**

I have worked at Mansfield Day Centre for 5 years and I couldn't imagine doing anything else. Some days can be a challenge, but the rewards of the job make it worthwhile.

I love building relationships with the people that come to the centre. I know that for some, the staff play a pivotal role in their lives as often they can be quite isolated and lack social stimulation. When people come to our day centre, they will see friendly, familiar faces that will make them feel at ease; knowing that we can do that for people fills me with such pride.

The staff at the centre always work together to ensure everyone receives the best possible experience and care. I feel very lucky to work alongside colleagues that share the same ethos and values as I do, their kindness and patience is truly wonderful. We pride ourselves on really knowing the people who use our service. Understanding how to support them and accommodate their needs through engaging activities that they can all take part in is special. Often you will see just how much a person's confidence can grow by getting to know them like we do. People can make new friends and learn new skills all in a positive and nurturing environment.

Overall, I know that by coming to work I am making a difference to people's lives. I know that this is the perfect job for me.

#### **John Hayes (Care Worker) Bingham Day Service**

I can honestly say that of all the different jobs and responsibilities I have had in the past, that working in the care profession is by far the most fulfilling and personally rewarding.

Job satisfaction is not always easy to come by. For me, I have it. I'm in the fortunate position where what I do really does make a difference and it brings me that joy and happiness.

Working with like-minded colleagues who feel the same way and work to the same goals only adds to the benefits.

I have the privilege of caring for older adults, many of which have succumbed to Dementia. It is an indiscriminate debilitating disease that robs people of their individual spark of life. It causes great stress not only to that individual but also their loved ones who equally need our support.

A typical day starts for me in my role as a passenger escort on the transport bus, greeting and escorting people as they begin their day with us. Some people can walk unaided on to the bus whilst others may have walking aids or even use a wheelchair. Regardless, everyone's welfare and comfort are my concern.

There is a real 'buzz' of activity when arriving at the centre, especially when coffee, tea and toast is served!

A range of different activities are available and many enjoy 'movement to music' or target games such as Boccia. Favourites are bingo, dominoes, card games, table top games, entertainment.... the list goes on.

Music features quite prominently one way or another in our activities. Music is like an international language. I often get involved in a music activity with my guitar and sing along. Just yesterday while playing, one of our customers began singing his favourite song. He sang it beautifully. Everyone applauded and you could see he felt nine feet tall.

Some people prefer a quiet time; perhaps a more intimate 'chat' in a quieter environment or sitting reading by themselves for a while.

A well-received activity we have from time to time, is the visit of the pre-school nursery children.

The interaction is beyond words; everyone including the children love the visits. It is sometimes quite emotional to see the joy that is apparent on everyone's faces from singing, playing and the various antics they get up to. I see looks of awe and wonder to puzzlement and naivety that somehow the faces of the children effortlessly convey. The pre-schoolers love coming here and building up friendships, which boosts their confidence and we love them coming.

Included in my role is to accommodate social needs, personal needs and promote independence as much as possible. We endeavour to have a holistic approach. Care for the whole person as it were.

Seriously though, if you are a person that believes in 'doing to others as you would like them to do to you' then it is natural to provide a meaningful, person centred service to all. That will require being patient, kind, thoughtful, and essentially, a good listener. Be ready to smile and put others' interests first. It will require not taking things too personally and whilst always taking the job seriously, don't take yourself too seriously.

I have to say I am proud to be a carer, really blessed to be a part of people's lives for a short while at the centre and to be a part of a team that truly endeavours to make a difference to those in our care.