



## **A Christies Carer's story – Maria (Skye) Mendes**

### **What led you to become a live-in carer with Christies Care?**

My number 1 value in life is health, I wanted to challenge myself and my personal development as well as get closer to my birthplace, Portugal, whilst I earn money doing what is important and rewarding for me. I chose Christies Care because of your training and all the awards you have won as a company. I have a high standard and want to partner with a company with high standard.

### **How does being a carer impact on your lifestyle?**

As a carer, you must be adaptable and ensure that you get all your personal needs met within your clients' home whilst allowing for their needs too. For example, for me exercise, meditation and nature are important and a must-have, so that I am able to care and serve from my best self. You have to find your time around your client's needs.

I exercise in my room before my client is ready to get up - after serving her coffee & biscuits and making her comfortable, so that I am at ease whilst I exercise and nearby should she need me.

Meditation -I do on my breaks which helps me to calm and centre myself.

Walking in nature, I also do on my breaks or when I take the client for a stroll in the wheelchair.

### **What type of clients have you worked with?**

I have only been with 1 client so far (5 weeks), however I have experienced a range of ailments as my client's mobility is zero and the usage of her left arm is also zero and the right arm has a tremor. My client is also incontinent and needs medication administered. I was the first Christies Carer here so I had to get systems, equipments and care needs in place, which I have enjoyed. I also had to declutter and re-arrange the home (with the client's approval of course) to make it more homely for her and easy to care for her in.

I have also had to call the paramedics and look at how her care needs are going to change now.

My client is interesting, fun, very caring herself and sweet.

### **How did training prepare you for your experience with your clients?**

The training I received helped me with skills to work equipment and eliminate risks as well as understanding UK laws and healthcare and social care requirements.

### **Do you find this role is rewarding?**

Yes, very much so. Inspiring hope, confidence and care to another human being is very rewarding, adding joy and longevity to a life is priceless. It's very fulfilling to add value and help transform her life to the best of what can be done right now, to live to the fullest today.

What are the challenges you find being a carer?

The freedom of your time. Being on 24-hour call.

How have you overcome any difficulties you have faced?

With honest loving conversations so that I am able to understand the emotions and feelings behind the behaviour. By asking questions and having self-awareness, seeing where I need to improve and being open to not being perfect, forever learning.

What traits do you think make a good carer?

Compassion, kindness, self-awareness, people skills, great intuition, nurturing, listening, good communication, creating rapport and being adaptable. Being understanding, tolerant and non-judgmental, open to all beliefs and mindsets.

Self-love is also important, you cannot care for another if you don't care for yourself.

As a carer you are accountable and responsible for another human being.

Would you recommend Christies Care to friends?

Yes, most definitely.