

TRACY FINDS FULFILLMENT IN CARING

Tracy had a desk job for years. One day, when her children had grown up she felt she needed a change and sought a job where she could 'make a difference'.

A training course for a career in Aged Care caught her eye. She applied as it sounded promising. It involved being of service to others which she was drawn to.

Gaining the trust of those in her care is important in her job as it is akin to nursing where you are in their 'personal space' and you need to 'put them at ease'

I asked Tracy about the perception that a mature person is better suited to a 'carer' position. Apparently this is not the case as many young carers have excellent people skills and positive attitudes.

Observing Tracy at work whilst sketching in the dining room gave me an insight into the interactions between Carer and resident.

- **“The job is challenging and physically demanding”**

Tracy is on her feet most of her shift. Many residents require ongoing attention and several 'situations' arise every day.

Tasks are often repetitive, frustrations are vented by residents at each other and staff.

Patience and understanding must be practised at all times due to individuals various health issues.

Time flies quickly as the daily schedule is a busy one, interruptions are frequent.

However, at the end of the workday, there are few jobs where one can say

- **“I find it extremely satisfying and rewarding”**