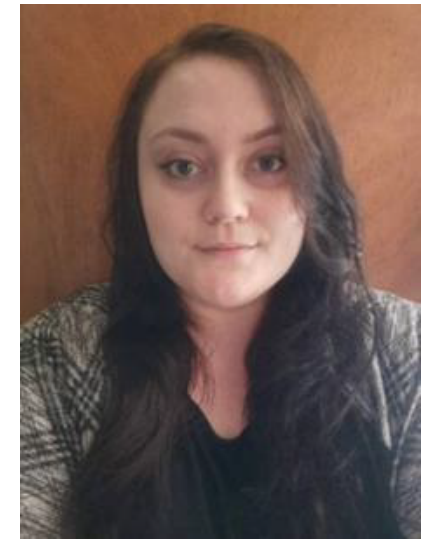


Gaddum ... Carers



Lisa - Salford Adult Carers

Student social worker, Manchester Metropolitan University

What is important to me?

The pandemic has helped me to realise the importance of holistic health. Where possible I like to complete tasks in a fun and creative way. I also enjoy taking a break from reality by watching Netflix and gaming. It is also important for me to feel heard, valued and supported.

What do people appreciate about me?

My peers at Man Met appreciate my honesty, active listening, organisational skills, my ability to collaborate with my team members and my problem solving skills. Others say they appreciate my kindness; sincerity and the feeling that nothing is too much trouble.

How best to support me?

I prefer clear structure and routine, I can lean into perfectionist ways and get lost in the details. This will help me to clear my mind and focus on each task in a methodical way.

I also enjoy receiving feedback and will happily ask for this. Feedback reassures me that I am on the right track and will help me to determine how I progress further.