

# Become a Care Home Friend! Intergenerational Challenge

Care Home  
FaNs  
Intergenerational  
Linking

## WEEK 4

This week we are thinking about the people who work in care homes.

### Life in a care home

#### Group discussion

What can you remember about why older people might choose to live in a care home? What help might they need?



## Proud to care

Have a look at these people who do different jobs in a care home and read what they think about their roles:

**“In care, you get to know the residents, and as their needs change, the care you provide changes so there’s always something new to learn.”**

Sandeep, Clinical Services Manager  
Field House Care Home



**“I was nervous on my first day. I’d never stepped foot in a care home, let alone worked in one. But I’ve been supported all the way.”**

Charlotte, Care Assistant  
Eglantine Villa Care Home



**“Whether you’re a student looking for a summer job or searching for a long-term career, our care homes have great opportunities available.”**

**“They’re social and rewarding, where you make a real difference to people’s lives. Past experience isn’t always necessary; if you’ve got a caring attitude, we can find the perfect role for you.”**

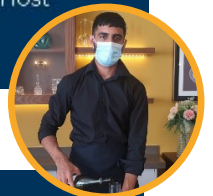
Dionne, Home Manager  
The Arkley Care Home



**“Working in a care home is a great summer job! It’s like having a second family and gives flexibility to balance work around studying.”**

**“It’s not just for nurses and carers, there are so many different roles. Past experience isn’t necessary, just being friendly and caring is much more important.”**

Habib, Kitchen Assistant/Restaurant Host  
Cottingley Hall Care Home



**“I go home knowing that I’ve made a difference to my team, our residents and their families. And there’s no better feeling than that.”**

Julie, Home Manager  
Lindley Grange Care Home



**“I go home every day knowing that I made a difference that day. Once I got used to that, I never wanted to leave.”**

Kerry, Registered Nurse  
Broad Oak Manor Care Home



## About Care Assistants

Watch this video about the day in the life of a care assistant at a care home.



- ★ What kind of things does a care assistant do in a care home?
- ★ Care is a skilled profession. What skills and qualities do you think a care assistant needs to have?
- ★ Imagine you work in a care home as a care assistant. Do you think you would be suited to the role? What strengths do you have that would help you to do the job well?

## Activity: Roles in a care home

Can you match the people to a description of their job role?

**Care Home Manager**

★ I support residents with their medical needs.

**Registered Nurse**

★ I plan interesting activities for the residents such as crafts, trips out and games.

**Chef**

★ I am responsible for the overall running of the care home. I lead the team.

**Care Assistant**

★ My job is to prepare meals for people living in the care home. I also help serve the meals in the dining room.

**Activities Coordinator**

★ I help look after the needs of the older people by helping them to move around to a different room, to get dressed or to write a letter to family.

## Learning about dementia

70% of people living in care homes are living with dementia. Some care homes are specialist dementia care homes, meaning that staff are very skilled in dementia care.

Dementia is a condition that affects a person's brain. It can cause changes in their memory, the way they think, see things and talk. The most common form of dementia is Alzheimer's disease.



This photo shows a carer supporting a gentleman to read a life story book, full of memories, messages and photos from the past. This is known as reminiscence. Often a person living with dementia finds it easier to recall things from many years ago rather than recent memories, so reminiscence draws on this strength.

★ What are your most treasured memories?

This week is Dementia Action Week, a campaign from the charity Alzheimer's Society to raise awareness of dementia and encouraging communities to take action to improve the lives of people living with dementia. You can find out more on their website.