

**Meet Teresa**

**Shared Lives South West Carer**



**What is a Shared Lives South West carer?**

## How did she get here?

Teresa started working in the care sector at the age of 17, in a care home for people with learning disabilities. Later on she wanted to start her own family and decided to take a different career path where she supported three people in her own home.

At first she set this up as her own residential home, but when policies changed she decided to become part of Shared Lives South West and hasn't looked back.

Teresa is supported by a team at Shared Lives. "I wouldn't be able to do my job without their support and advice," she said.

Teresa regularly does courses, updates training and has regular support from Shared Lives which is ongoing for herself and for the three people who live with her.

Teresa is always interested in excelling and developing her skills, for example she'd like to do more training around dementia.

## What would she say to others interested in a career in care?

Teresa says it's extremely rewarding to see the three people she supports thrive. She definitely sees it more as a lifestyle than a career

"I feel by giving them support, I can make real difference to people's lives. They wouldn't get this support anywhere else but a shared lives household.

It's so different from other forms of care as you really get to know them and they become a big part of your family.

Being part of Shared Lives is really rewarding and the ongoing support from the