

Connect to Protect

By Helen Hawthorn, Terrablu Homecare

I would like to share my recipe

It's a recipe for success

It's not some rocket science

It's a care guide more or less

I've worked with older adults

Pretty much all my life

It's helped me through my struggles my worries and my strife

The people I've encountered have taught me more than school

To be a better person, robust and no one's fool

I started being a carer when I was just fifteen

The way that people were cared for

Was frankly quite obscene

I knew that if I stuck it, I could be a pioneer,

For person centred thinking was a radical idea

That was 1984

And care homes were hidden behind closed doors

Labelled by their illness and treated with contempt, institutions all of them and none of them exempt.

Through years of legislation that gave us All a voice

I am proud to say that I'm a champion

Of Dignity and Choice

There's nothing like the feeling when you make another's day,

The pride in giving love and care and doing it their way

It's not all tasks and baths and charts, it's not all doom and gloom, for when you make a person's day their smile will light the room.

So what are the ingredients that make this recipe, it's still a work in progress and I have plenty more to see.

But leave your judgement at the door and find the connection we're looking for.

Mix two pounds of compassion with two pounds of respect add equal measures of love and care and
before you know it you're half way there.

Be present in the moment and think of feelings first, If you only ever deliver tasks, then care is at its
worst.

Remember doing with and not just doing for,

It's called validation, and what we're looking for.

And when you get the balance right, it feels as though you've seen the light.

It takes courage and compassion

It takes strength and energy

And I wouldn't swap it for another job

Because it makes me...Me.

