

## [Living-posters' homepage](#)

2015

### Why being a carer is important to me?

I work as a health Visitor in Bath, UK and I am also a carer for my daughter who is on the Autistic Spectrum. I have learnt so much from the various facets of my life. This has been a rewarding and enriching experience. I share my learning with others by writing and media interviews. I have gained great support from the Conversation Cafe and Skype Practitioner Researcher Group. If anything in my poster resonates with you, I would love to hear from you and learn together.

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**LIVE  
LOVE  
DANCE**



**BE** Inspiring  
Trustworthy  
Values-Driven  
Unique  
Flexible  
Positive  
Creative  
Knowledgeable  
Interested  
Fun  
Adaptable  
Caring

### 2018 - Reflections

I have been looking at previous living-posters I have done and feel that they are all still very relevant to me currently.

I still hold the same values and family is still my number one priority. I am still a carer but the role has developed as my daughter has become more independent.

I still enjoy working as a health visitor but have realised that the current constraints by organisations affect how much I can develop within the role. Hence, I have developed other opportunities for myself such as being a trainer and writing.

I feel more confident about my values and how I want to live my life and I assume this will continue. The values I hold help ground me when they are challenged.

2016

*The Journey continues I wonder where it will lead me next?*



*Family*  
THE ONES YOU LIVE WITH  
Laugh WITH AND Love



## [Living Theory research SKYPE support group](#)

2017

### What is important to me?



**Family**



**FUN**



My focus is on enjoying life, family and friends. To continue to ensure self care for myself and others. To share my learning in my personal and professional lives. Finally, have some fun along the way.



[Previous poster](#)

2015

2016