



The Importance of Connection, Purpose and Meaning

What I've learnt as a Carer

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Connection

- Becoming a carer
- Recognising isolation and discrimination
- Finding allies and comrades, building/joining networks for support and learning
- Understanding the system and claiming entitlements



Purpose

- Identifying your own needs separately
- Using connections, asking for/accepting help
- Designing your own solutions
- Maintaining your own identity
- Recognising your own worth



Meaning

- Celebrating the small things, as well as the big things
- Trusting your instincts and choosing your battles
- Sharing your experience
- Gratitude and grieving



Any
Questions?

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