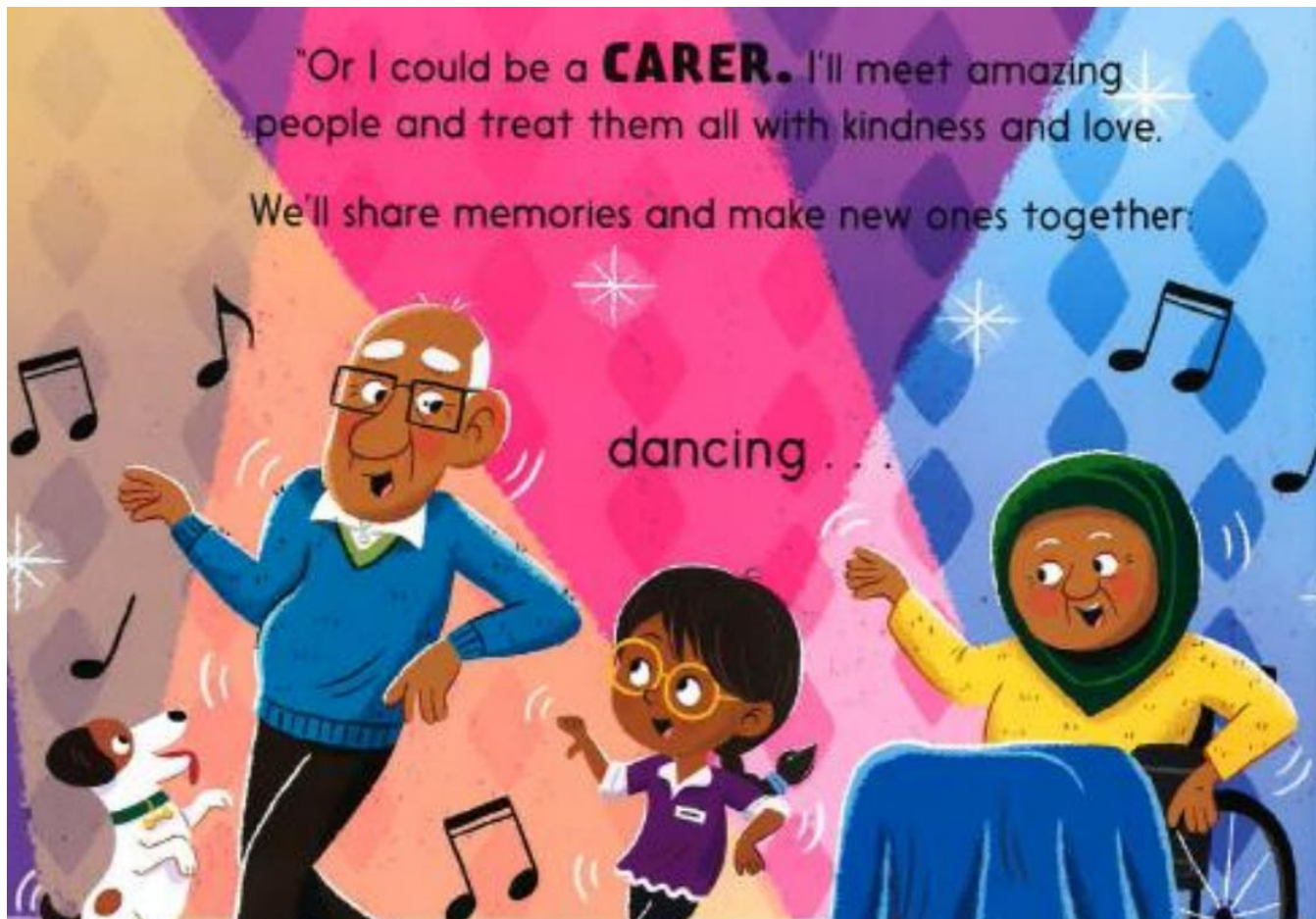


# Real life superheroes:

## Carers





In 'A Superhero like you', Lily said she could be a carer. If she was a carer, she said she would meet amazing people.

Today we will look at what a carer does, and why they are an everyday superhero.

# What is a carer?

A carer supports people who need a bit more help. They care for people who need extra help with everyday activities like getting dressed, eating or going shopping.

Carers help lots of different people – from children, to adults and elderly people.

# Where do carers work?

Some carers work in a care home for elderly people.



Other carers work in a care home for adults.

Carers can visit peoples houses, and care for them in their homes.



# What jobs do carers do?

Carers help different people who need help with different everyday activities. Some jobs carers do include:

- Helping people get washed and dressed.
- Doing shopping for people who cannot go to the supermarket.
- Helping people who struggle to get washed and dressed, ready.
- Preparing food for people who cannot cook for themselves.
- Arranging fun activities for the person they are caring for.

This week, we considered the qualities that make a good paramedic, doctor and nurse. Here are some you came up with:

good at working  
in a team

friendly

hardworking

calm

kind

quick-  
thinking

helpful

good at listening

caring

All of these qualities are also important if you are a carer.

# Caring:

- Being caring and loving is one of the most important qualities that a carer has.
- This is also an important quality in our school as it links with the Vincentian value of *'being caring, compassionate and loving'*.

## \*Activity:

Use the attached sheet (or plain paper) to identify 3 ways you can be caring in your everyday life. Remember, carers look after other people. What can you do to care for people who need more help?