

Module code: BMSW4012

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Home Reflection

In 2018, I began working as a carer at a local nursing home that specialized in caring for people living with dementia and Alzheimer's. Previously, I had worked mainly in restaurants as a waiter or bartender, so this drastic career change was overwhelming and mentally demanding at first, especially since I had no experience caring for individuals with these conditions. Before starting, I underwent training in First Aid, Manual Handling, and Infection Control. During the first few weeks, I encountered many situations where I struggled to navigate and understand, due to a lack of theoretical knowledge and practical experience.

One example of such a situation involved a patient with whom I had initially established a good rapport. We joked and talked about many things. However, after about an hour, when I returned to the patient, he no longer recognized me and became verbally and physically aggressive. I couldn't understand why this happened and thought that perhaps I had said or done something wrong. This incident had a significant impact on my well-being and my willingness to continue working in such an environment.

A few weeks later, when the opportunity arose to take additional training courses such as Dementia Awareness and Care, Protection of Vulnerable Adults, and Managing Challenging Behavior, I decided to participate. These courses helped me better understand the behavior of my patients, enabling me to react appropriately and provide better care.

Although working as a carer was both challenging and mentally demanding, I learned that it is crucial to find time for oneself. I now realize that even something as simple as a walk in the park can provide peace and help with regeneration. While caring for my patients, I observed the composure and stoicism they had developed over the years. The seniors also taught me that achieving the most important things in life doesn't happen overnight. Another valuable lesson I took from this experience is the importance of kindness in interpersonal relationships, as you never know what others might be going through. Many seniors, when reflecting on their lives, have said that they remember the people they met along the way more than the experiences, places, or achievements.

Although I no longer work as a carer, I believe this experience taught me a great deal and transformed me as a person. I have become much more patient and empathetic toward others, and I am deeply grateful for the lessons I learned.