

my story

carers in north wales

> Jane Williams

Jane Williams is one of our North Wales Shared Lives carers and she lives in her remote Denbighshire home with her husband Heddwyn and three men who all have varying levels of learning disabilities. The family are very close and do everything together, whether it be eating, socialising or holidaying.

The family has an array of animals including chickens, dogs, horses and a grey parrot and everyone 'mucks in' to help out. The men Jane cares for all love to help run the house and they ensure everything ticks over.

"I have been involved in my caring role for many years and also look after my husband who has mental health problems". Jane also volunteers for her local branch of mental health charity MIND and like all of our carers, always puts others first. "I have a big house and had previously worked in a supported landlady role for tenants needing more care. When PSS began operating in the area and running the Shared Lives scheme, it seemed like a natural progression as I had the space, the time and the patience. I have two men who live with me and a third man who is staying on a temporary basis. We live together as a family and share our lives. The men I care for have families who they see on a regular basis. My husband and I often get invited to their family celebrations and the men come along to our family events."

"I don't think many people realise this service exists but it's a terrific way for a person to work within their own home, whilst receiving a fee and lots of training and support. Lots of women particularly have lost their job in the last few years and becoming a Shared Lives carer is a great way to earn a living if you are a caring, patient person. I couldn't imagine living any other way and I believe that the benefits for vulnerable adults living in the home environment are huge, really helping to improve their quality of life. It is very rewarding work."



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