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ADVANCE INFORMATION SHEET No 1

TITLE Careers in Caring
Subtitle: *A Practical Guide to your First Job*
PRICE £7.99 PB ISBN 978-0-9562909-0-8
AUTHOR Gill Pharaoh
PUBLISHER Bovvering Books, LONDON
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CATEGORY social services, career guide, JKS, JKSG, JNR
SPECIFICATIONS 216 x 138mm, 120pp, paperback sewn
WHO WILL BUY THIS BOOK? Those interested in working as a carer.

This book was written for the man or woman who is thinking of working as a carer, having had little or no experience of caring as a job. Many will never have thought of caring as a profession. They simply want a job. They may be filling in time, or wanting to make some money as the children are less dependent. If they had children when they were young, they may have no qualifications to start a career, or feel they have no confidence to return to the one they once had.

Looking for a job in the market today is not easy, and there are many more advertisements for carers than for other work. At the same time, the emphasis is on keeping the patient at home for as long as possible. So the caring agencies and social services are constantly looking for new carers. Often the introduction to caring is brief, as the agency is usually short of staff, and the workload is heavy.

First impressions are important and this book can offer the new carer some insight as to what may be involved, some advice on managing the work, and, most of all, some confidence to begin so that they can appreciate the real pleasure and satisfaction to be had from working with people in the community.



CONTENTS

What is a carer? Is this a new role?
Basic Hygiene
The temperament of a carer
Empathy
Flexibility and adaptability
Negotiating skills
Punctuality
Familiarity

Coping with Aggression
Setting Boundaries
Appropriate responses to different cultures and emotions
Anticipating Death
What happens when someone dies?
Helping the family to make difficult decisions
People with AIDS and other transmittable diseases

ABOUT THE AUTHOR Gill Pharaoh has worked most of her nursing career in the homes of the people she cared for. She says, "A great deal depends on the nature and the attitude of the carers. I believe that a carer wants to be a good carer and do the job well. I have never met one who wanted to do the job badly. However, I have met many who have given up on caring." She is also author of *Caring for the Dying at Home: A Practical Guide*, published by Free Association Books.

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