

# Carers of Neurodiverse People Matter

## A unique experience

Carers of neurodivergent children and adults have a unique experience. The highs are really high and the lows can feel quite low. The needs of these carers are as unique as are the needs of those they care for. The demands on time as well as physical, emotional and financial resources ebb and flow very strongly. So, how do these carers show up at work in a way that they can be their best whilst still managing the needs of their family? In this session, we will discuss the carer's perspective in the workplace. We will talk about identifying needs from a personal and managerial point of view. We will talk about what real support looks like that does not pander or place the carer in the position of feeling less than. We will also discuss realistic self-care that will empower these carers to maintain physical and mental health for the benefit of everyone.

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## Session Outline

- Acknowledging what your needs are
- Creating your workplace sanctuary
- Managing expectations
- Defining needs for your manager
- Managing practices that actually support
- REAL self-care for time-savvy carers

## Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.