



Careers that Care

South West

Top tips for Experts by
Experience



These tips will help you to make a video telling us about the difference that a professional who works in health or social care has made to your life and what makes them great.

This person can be a personal assistant, care staff, a social worker, a nurse, a therapist, or any professional who helps you regularly. So that people can't find out who you're talking about, please don't use their name.



1. Say hello and introduce yourself, but please only use your first name! This way you can stay safe online



2. Tell us in a few words something important about you. This could be your favourite thing to do, or something that you are good at.



3. Tell us if you're an Autistic person or if you have learning disabilities if you want to. It's okay if you don't want to



4. Tell us How long have you had support from social care or health professionals? (This could be one person or lots of different people)



5. Tell us what you do because you have support.



6. Tell us what do you think someone working in health or social care needs to be like?



7. Tell us what you would say to someone who would like a career in care or health work?



8. Finish your video by saying "I am" and your name, followed by "and health and social care workers have changed my life."