

PACC Annual Conference and AGM

Verbal feedback following 'Exploring Life as a Parent Carer' session

Following the completion of a range of exercises to look at some of the challenges of being a parent carer and the discussion of possible solutions parent carers were asked to give verbal feedback as below;

- One word that described the session or how it made them feel
- A solution that they would take away with them and use after the session

One word that described the session or how it made them feel

- Fun
- Validated
- Optimism
- Commonality x2
- Positive

A solution that they would take away with them and use after the session

- Using the life wheel to identify my priorities and to break things down x3
- Taking time to prepare for meeting and making lists
- Don't be rushed in meetings and taking time to process information
- Using email to leave a written trail
- Use the 'in tray' to empty my mind x2



InTray
Commonality
LifeWheel
Email Fun
Prepare Optimism
TakeTime
Positive Validated