

# Meet Lauren

## Home Manager Supported Living, Caerphilly, Wales



### About Lauren

Lauren first started working in the care industry when she was 18 years old supporting an individual with learning disabilities. She joined Achieve together in 2012, initially as a support worker and then working her way up through roles including key worker, Person-centred care Facilitator and Practice Lead. Since 2022 she's been Home Manager of our Supported Living home in Caerphilly.

### Lauren's key skills

Lauren is currently working towards her QCF level 4 in Health and Social Care and is trained in a number of other specialisms relevant to the home including:

- PASS+PORT Positive behaviour support
- First aid

"My first care role was supporting an individual with learning disabilities, this opened the door into care and I've never looked back."

### Lauren's successes

Throughout her career, Lauren has enjoyed working in a variety of homes and supporting people with different disabilities. She enjoys making a difference in peoples lives and does this by supporting them to achieve their goals. Her proudest achievement was supporting an individual who hadn't worn clothes in over 3 years to get dressed and leave the house and start to enjoy socialising again.

"I am looking forward to completing my QCF training and starting to make some home improvements and helping the people living here to achieve their goals."

### Get to know Lauren



Favourite colour –  
Green



Favourite meal –  
Steak



Favourite hobby –  
Country Parks



Favourite animal –  
Dog



Bucket list holiday –  
Thailand