## Activity 1.1 Roles and responsibilities

*We suggest spending around 20 minutes on this activity.*

Now think about the following questions:

* Do you share roles and responsibilities that are similar to or different from Jade, Janet or Dean?
* Carers often describe juggling and balancing a number of different roles. Is that an experience you’re familiar with?
* Have you got goals you’d like to achieve?

Now define yourself at the present time, and list the roles you fulfil, by filling in the table provided below.

Another way of doing this would be to search magazines or the internet for text and images that illustrate your roles and responsibilities and compile them into a collage or montage.

If you are working in a group, you might want to share your answers and discuss your roles with each other. Similarly, if you are working one-to-one with a mentor, use this time to share and discuss some of the ideas above.

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| **My main roles in life** | **What I do** |
| Write your comments here. | Write your comments here. |