



Caring is what makes us Human

“At both poles of human life - caring for one another is what we do and that is part of our humanity.”

Ira Brock Hospice care Physician

Charlotte Garboden and Carol Murray have been having a conversation about caregiving for about 20 years. When Jean and Carol talk about their work, Jean in elder care and Carol in childcare, they are amazed by similarities. They both feel passionately that the profession of caring for others is the most rewarding and challenging work possible. Both love working with people and in particular, supporting families and growing care teams. Both have a mission to uplift their professions and shine a light on the critical role of caregivers in our society. They are, by the way, mother and daughter too!

Here is what they discovered:

- In both fields, the important people who do the direct work are often underpaid and underappreciated.
- Relationships are the key to doing this human work well. We look for people who can make connections and form real relationships.



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- In both elder care and child care, the caregivers need to also be responsive and supportive of the whole family – realizing the individual is part of a family system.
- The very nature of caring-giving rituals: washing others, holding others, feeding others and dressing others – is intimate and sacred work and requires a code of ethics, dignity, respect and kindness.
- At the beginning of life and the end of life – humans are dependent upon others to care for them. Caring for others comes with a great responsibility and a commitment towards service to others.

Charlotte and Carol reflect on how society projects many misconceptions about childhood and also about aging. They talk about their roles in educating others about the developmental stages of life – birth through death. They imagine a day when the value of the youngest and the oldest of society will be understood and celebrated. They hope for a time when those who care for babies, young children and elders will achieve the goal of equalizing quality care for all – minimizing the disparity of care that exists from center to center from neighborhood to neighborhood.

They dream about how different the world will be if we can help shift the paradigm regarding the way our culture views caring for human beings at the beginning of life and the end of life. Both Jean and Carol are committed to this goal!

