



Cassie was a young mom when her first son Matthew was diagnosed with Cystic Fibrosis at four weeks old. Her career as a Human Resources Professional in the State Government was blossoming and as the main income provider, she was due to return to work. However, with Matthew's diagnosis, everything changed.

She was thrust into caring for a child with complex needs, despite not even knowing what Cystic Fibrosis was.

"I returned to work six months after Matthew was born, however I had to take a step back from my leadership role as I was no longer able to commit the time needed to be successful and effective."

Cassie gave birth to her second son Joshua 18 months later. She began studying Complimentary and Natural Medicine in order to better understand the human body and help her adequately advocate for Matthew.

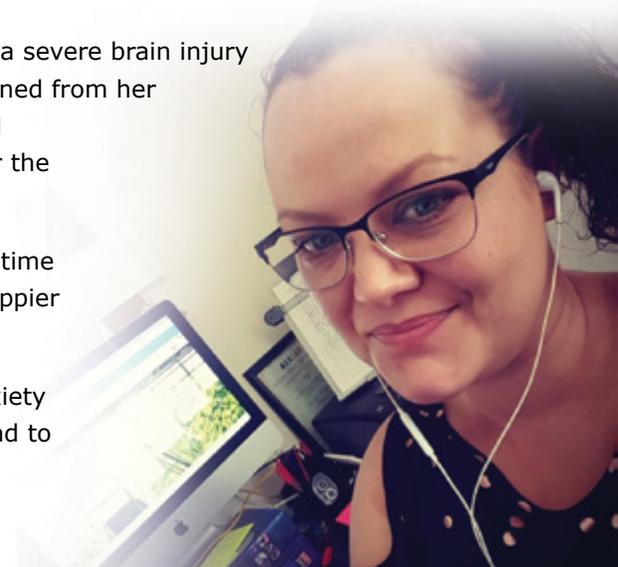
As Matthew's needs grew, the pressure of studying and looking after two young boys started to take its toll on her physical and mental health. Loathed to ask for help and not recognizing she was a carer, Cassie felt alone, isolated and lost hope.

"I was admitted to hospital for a major procedure, because I was in such poor mental and physical shape, my recovery was long and difficult. I knew it was time to make a change."

During her recovery, her son Matthew fell five meters from a tree, suffered a severe brain injury and fractured his spine as a result. During his long rehabilitation, she resigned from her secure employment, commenced study in Fitness and Personal Training and started a new career and business as a personal trainer, which provided her the flexibility she needed.

Cassie started paying more attention to her mental and physical health. As time went on she noticed when she was feeling well, her young children were happier and healthier.

Matthew was then diagnosed with high needs Autism and severe Social Anxiety Disorder and Cassie's commitment to caring for her son meant she sadly had to end her new business.



Cassie Day

Faces of Caregiving - Australia



“It took me many years to realize that I was a carer. In my mind, I was a mom doing what she needed to do for her kids, it never crossed my mind that I was a carer.

Slowly over time I have learned to accept and ask for help and most importantly have recognized that for my kids to get the best of me, I have to prioritize my own health. That means putting me at the top of the list, which is easier said than done.”

Cassie always knew her passion was in helping others. Friends, family and strangers would often ask Cassie for advice. They wanted to learn what services were available for carers and they turned to Cassie for help.

Cassie recognized that she was not alone and other carers like her were looking for a way to share information in a flexible and nonthreatening environment. Cassie established The Carers Place, an online and community service that provides unique, personal support and education for families in Australia.

“ While my caring role and being Matthew’s mom has been incredibly challenging along the way, it has also been so rewarding. You are tested at every corner, emotionally and physically. You never really know what you are capable of until you become someone else’s carer. ”

“It is where you find yourself and your voice, where you discover your resilience and feel a depth of love like no other. The appreciation you get when the person you are caring for reaches seemingly ‘small milestones’ is almost indescribable. When you see breakthroughs and success’ for your loved one, because of the advocacy and role you have played, well that there is the greatest reward you could possibly be given.”

Join the movement at
www.embracingcarers.com