

Choosing your support worker

Info guide 2020



Easy Read

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This info guide will help you think about

- What kind of support you want
- What your support worker should be like
- How to pick the right person for the job



What kind of support do you want?

Make a list of the things you want to do.

This could be things like

- personal care – like having a shower
- your health – like going to the doctor
- going to places on buses and trains
- getting a job
- learning something new like painting or cooking
- moving out
- meeting new people



Now think about the support you need to do these things.



Looking for a support worker

You can look for a support worker who can teach you things.

This could be things like swimming or cooking.



You can choose someone who likes the same things as you.

For example

- painting
- baking
- sports
- going to museums



You can have different people that support you with different things.



What type of person should your support worker be?

Think about what type of person you want your support worker to be.



Make a list of all the things that are important to you.

This could be things like

- Arrives on time
- Listens to me
- Does not tell people my private info
- Does not do things for me that I can do
- Is not bossy
- Helps me try things I find hard
- Wants to get to know me



How can I find a support person?

Think about people you know already.

Maybe you know someone who has the skills or interests you need.



Ask people if they know someone who can support you.

Other things you can do:

- look on job websites
- do an advertisement in a newspaper
- put a notice on a community board



Picking the right support worker

You need to find out who is right for you.

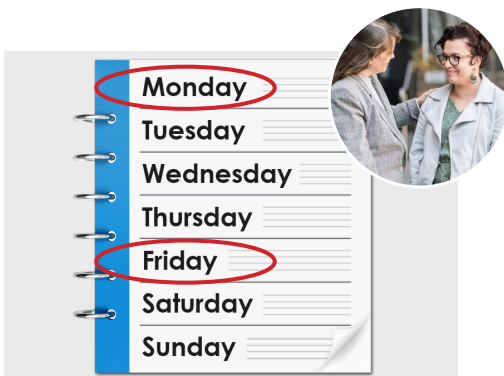
Find out things like

- Can they work when you need them to?
- Are they really interested in the job?
- Do you trust them?



Here are some questions you can ask when you meet them

- Why do you want this job?
- How many hours can you work?
- What do you like about being a support worker?
- What kind of training do you have?
- What kind of training do you need?
- What are your hobbies?



You do not have to choose right away.

You can meet the person again if you are not sure.



Remember

Be open and honest with your support worker.

You can choose someone else if it does not work out.



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