



Supports



How can families provide training to support workers?

Training support workers can be a collaborative effort between families and the support workers themselves. Here are some ways families can provide training to support workers:

- **Family Orientation Sessions:**

Families can host meetings to introduce support workers to their loved one's preferences (likes and dislikes), routines, and specific needs. This helps support workers understand how to best assist them.

- **Hands-On Training:**

Arrange practical training sessions where support workers learn from experienced caregivers by shadowing them (the 'buddy system' working by their side to learn through observing their work). Newer support workers will learn skills like providing care, managing behaviours, and helping with daily tasks. They can also do 'buddy shifts' with a current support worker to observe and learn.

- **Written Guides and Resources:**

Create documents with important information about you or your loved one's care needs, routines, and emergency procedures. These guides help support workers know what to do.

- **Regular Communication:**

Keep the lines of communication open with support workers. Families and support workers should talk often to make sure the person's needs are met. They can have regular meetings to discuss any changes or concerns. Consider a communication 'diary' that support workers can write in to record activities and incidents or observations from their time supporting your loved one. This may also give the next 'shift' support worker ideas for what's working well and what extra support may be needed at any time. And if you're working on specific goals, regular communication keeps everyone informed.



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- **Feedback and Evaluation:**

Offer constructive feedback and evaluation to support workers based on their observations of the care provided. This helps support workers understand what they're doing well and where they may need to improve, fostering continuous learning and professional development. This also offers the support worker an opportunity to identify further training they require to best support you or your loved one.

- **Professional Development Opportunities:**

Support your workers in accessing training. Families can help their support workers in accessing professional development opportunities such as workshops, training courses, or certifications related to disability support, communication strategies, behaviour management, or specific care techniques.

- **Collaborative Problem-Solving:**

Work together as a team. Families and support workers can work together to solve any problems that come up. By working as a team, the person gets the best care possible.

By actively engaging with support workers and providing them with the necessary training, resources, and support, families can help ensure the best possible care and support for themselves, or their loved one, with a disability.

For further information please contact us: ddwa@ddwa.org.au or (08) 9240-7203.

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(last updated May 2024)*