



How can I get support workers to help me

with everyday supports or community access?



SUPPORTS

Support workers can be valuable allies for people with disabilities in Western Australia, offering personalised assistance to navigate various aspects of daily life. Here are some ideas for how your support worker/s can help with community access and participation:

- 1. Help with Going Out:** Support workers can plan outings that align with your interests and requirements, ensuring that getting out and about is not only enjoyable but also accessible. Whether it's a trip to a local park, a visit to a museum, or attending a community event, they make sure your experience is inclusive and fulfilling.

They can also come along to medical appointments to make sure you're okay. If you have a [Companion Card](#), your support worker can often go with you for free!
- 2. Activity Partners:** Beyond merely accompanying you, support workers can be your buddy, or at least help you get out with your buddies to actively engage in recreational and social activities, fostering friendships and skill development. By being alongside you in sports clubs, art classes, or outdoor excursions, support workers create a supportive environment where you can thrive and build confidence.
- 3. Life Skills Development:** Support workers should go beyond the basics of community access, offering guidance on essential life skills. They can help with budgeting and meal preparation as well as navigating public transportation systems. A support worker can help you with the tools you need to live independently and confidently in your community.



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4. **Social Connections:** Support workers can play a role in aiding connections within peer support groups, where people like you can share experiences, offer mutual support, and forge lasting friendships. To put it simply, a support worker can help you meet up with other people that you'd like to be friends with: support workers can help you join groups where you can meet others who understand what you're going through. It's nice to share stories and help each other out.
5. **Getting Around / Transportation Assistance:** your support worker can provide practical assistance with transportation, coordinating accessible travel options and accompanying you on public transit. They can help you find the best ways to get around town, whether it's by bus, train, or other accessible options.
6. **Being Creative:** Support workers can also assist you to get to and participate at workshops and classes tailored to your interests and abilities. Whether it's through art therapy sessions, music appreciation classes, dance or sport, they can help make your ideas of fun a real opportunity. Sometimes you just need someone to brainstorm ideas on where to go and what to do, and then help you get there.
7. **Community Access:** They can work with others to make sure places are welcoming and easy to access for everyone.

If you have further questions about this or any other topic, please email ddwa@ddwa.org.au or call us on (08) 9240-7203.