

A Day in the Life of: A Respite Support Worker

No two days are the same in our respite services. The people that use our services can stay for a short period of 1-3 days or an extended stay, so there will always be different faces. We also have various clinical staff from Mental Health Services that meet with our guests providing further variety.

You will commence your shift at the house you are working at on the day at either 7.00am, 2.30pm or 10.45pm – all shifts are 8 hour paid shifts.

The handover is a very important component of the role where detailed, clear verbal communication is vital to ensuring that we are able to support our guests safely and with the very best of care.

Once the formal part of the handover is completed staff take time to read through all the progress reports back to when they were last on duty, checking of emails and reading the communications book.

From then on it is about being hands on support of our guests, checking on guests and noting moods that will be reported on later, household tasks such as tending to laundry, telephone tasks with pharmacies and clinical services. We also manage our Safety & Wellbeing requirements, tidying of grounds and gardening.

You may also be preparing and serving of meals. We like to take time to socialise with our guests over a cuppa and/or a meal, or host clinical staff with our warm hospitality.

In between all of this you will be entering progress notes, undertake new admissions or dealing with discharges. The arrivals and exits require quick turnarounds of bedrooms to have the room clean and beautiful for our next guest.

As the shift comes to a close staff complete progress notes for each person we are supporting, this information is sent out to clinical services each morning so we need good written English and communication skills.

The next handover then takes place with medication checking processes before you say good bye for the day.