



A day in the life....Activity Residential Support Worker

When you arrive for your shift, you will receive a handover from the staff coming off duty, this will incorporate what has happened during the previous few days, any upcoming appointments, contact with families, activities planned and any observations on behavioural presentation.

We start the day by waking the young people and provide support with their morning routines and prepare for the daily activities.

Morning activity - 10:00am - 12:00pm

The morning activity could be rock climbing, mountain biking, archery, water sports, or even arts and crafts – (beach art, clay modelling), just to name a few. These will be led by instructors who are fully qualified and first aid trained, unless otherwise stated. After the activity has finished, head back to the home for lunch or eat a packed lunch.

Afternoon activity - 2:00pm - 4:00pm

Afternoon activity will be different from morning activity. After the afternoon activity has finished, you will all head home, sharing your experiences and reflect on the day. Dinner will be cooked by staff and possibly a young person. After dinner is finished, staff and young person helps to clean up.

Evening activity - anytime between 6:00pm - 8:00pm

This could be a local walk or low-level activity. Return to house and complete evening routines with downtime of watching a film or TV.

Bedtime – provide support with pre-bedtime routines and activities. Staff to record daily observations or significant discussions throughout the day.

Daily responsibilities for staff include:

- Record daily observations on the young people's behaviours, engagement and interaction.
- Complete the expense record.
- Complete and review medication record.