

5 Tips on How to Get Started with an NDIS Support Worker



Discover essential tips on getting started with an NDIS support worker. Learn how Therapy Pro works collaboratively with support workers and NDIS participants to ensure plan goals are achieved.

What is the role of a NDIS support worker?

Support workers help people with disabilities by providing care and support services as part of the NDIS.

They are employed or engaged to help someone with a disability to navigate daily life and access critical services? and supports. Some areas of support, care, and assistance include:

- **Daily personal activities** such as meal preparation, household chores, administering medication.
- **Transport to enable participation** in community, social, economic, and daily life activities such as going shopping, visiting the doctors, meeting friends, and finding a job.
- **Social support** such as helping someone with their hobbies and interests, finding or engaging in community groups, or learning new skills.



remember...

Support workers work closely with their clients to offer the support, guidance, and encouragement necessary to help achieve their goals and live fulfilling lives.



How to find the right support worker for you

- 1. Define your needs and goals**

What are your specific requirements and what you hope to achieve with the help of a support worker.
- 2. Seek recommendations**

Reach out to your network, support groups, or local disability organisations for first hand experiences and recommendations.
- 3. Interview potential support workers**

It's important to find someone you feel comfortable with and who shares your values and goals.
- 4. Consider qualifications and certifications**

Ensure they have the necessary expertise and training to meet your specific needs.



important...

Like all worthwhile and healthy relationships in life, the partnership you create with your support worker will require some time and attention. Remember, the road should be smooth rather than bumpy!

Qualities to look out for

Empathy and compassion: they genuinely understand and care about you, treating you with respect and dignity.

Reliability and dependability: they are punctual, reliable, and committed to their responsibilities.

Flexibility and adaptability: they can adapt to changes in your life and preferences, because as most of us know, life can be unpredictable.

Good communication skills: they can listen actively and communicate effectively. Clear and open communication is essential for building a successful partnership.

5 tips on getting started with your support worker

1. Establish open communication – talk and listen.
2. Set goals that are achievable and make you feel good.
3. Ask questions to build rapport and trust
4. Give honest and constructive feedback – it's important.
5. Review and reassess your progress, often.



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At Therapy Pro, we are passionate about helping you thrive. Our team of dedicated professionals is ready to connect you with an incredible therapist.

Here at Therapy Pro, we understand the importance of aligning your care with your needs and goals.

Our dedicated team is committed to connecting NDIS participants with NDIS therapy services delivered by highly qualified and skilled allied health therapists who cater to your unique requirements.

We offer occupational therapy, speech and language pathology, psychology, social work, and positive behaviour therapy across the lifespan.

We take a multidisciplinary approach, ensuring that everyone involved in your care is across your goals, progress, and milestones. We value open lines of communication, including with your support workers, to provide comprehensive and holistic care.

Your Next Steps

Assess your needs: Reflect on the specific areas in which you require support and the goals you want to achieve.

Research support worker providers: Explore reputable support worker providers who specialise in connecting NDIS participants with skilled professionals.

Create a support plan: Develop a support plan that outlines your objectives, expectations, and preferred support arrangements.

Engage in the selection process: Trust your instincts and choose the support worker who feels like the best fit for you.

Start your support journey: Remember, your support worker is there to assist you every step of the way.

Get in touch to
connect with
incredible therapists



info@therapypro.com.au

www.therapypro.com.au

1300 004 414