

A week in the life...

Wellbeing Worker



As a Wellbeing Worker you will provide best support to Dan and Sam during the mornings and evenings to ensure that they get the most from each day. These times are also great opportunities to communicate and get to know Dan and Sam better.

A typical week from the perspective of a Wellbeing Worker -

A typical morning routine:

- Arrive for my shift, read the diary and communication book to check for any updates.
- There may be laundry and domestic tasks to complete, it is really important to keep on top of this as otherwise it can mount up.
- Support Dan and Sam to get up washed and dressed and ready for the day. This will usually take around 45 – 60 minutes. This is a great opportunity to practice communication with Dan and Sam and build relationships.
- Whilst Dan and Sam are being supported to get ready, someone will be preparing breakfast and medication.
- Support Dan and Sam with their breakfast, this will take around 45 – 60 minutes.
- Planning for the afternoon – this is essential to make sure that Dan and Sam get the best from their afternoon. Calling the venue to check everything is as it should be, using the iPad to help Dan and Sam prepare is also the key to a successful trip. Sam always takes his lunch with him unless going to Charlie's cafe, so this needs to be prepared and packed.
- Making sure that bags are packed with all the essential gear Dan and Sam need to have a successful trip.

A typical evening routine:

- Return from trip out usually around 4.30 -5pm.
- Bags need to be unpacked and gear put away, sometimes there will be dishes to wash
- Prepare evening meal for Dan and Sam and support them to eat. This will usually take around an hour.
- After an evening meal Sam will often like support to read or have a foot massage or foot spa, especially during the winter to warm him up.
- Having a bath is really important to Dan, he has one every evening.

On a typical day Dan and Sam will head out of the house with their Wellbeing Assistants around mid-day and return around 4.30 – 5pm. There are always two people to support Dan and Sam well and to enable them to get the most out of their day. It is important to ensure the morning runs smoothly and that prior to going out during the afternoon the appropriate planning and preparation takes place. The evening is also an important time for Dan and Sam to relax at home.

You might be out with one of the Wellbeing Assistants for the afternoon.

Here is an example of a typical week:

Monday

Dan and Sam are supported to Chester zoo, visited butterfly house, butterflies liked landing on Dan and Sam, had to check we weren't taking them with us!

Sam was looking around, so I knew how much he liked it!

Dan relaxed too, he liked the warmth of the tropical realm.

Had lunch in the café, we rang ahead to book gluten free diet and Sam ate his lunch we'd prepared at home and brought with us.

Tuesday

Busy morning as usual getting Sam up, helping him with his bath, breakfast and packing a bag to go out.

Sam went to town, was busy in library putting the books back on the shelves, went for lunch in Charlie's David was chatting to Christine about what Sam had been up to, Sam joined in to, he chuckled when we were talking about the zoo

Wednesday

Dan took Rory, the dog, for a walk in his favourite spot, and we did some forest bathing , apparently it's called shinrin yoku!- it was beautiful , Dan and I enjoyed the moment together

We called at Gro-zone on the way home to say hello to everyone. Dan was nice and cosy and didn't want to get out of the car so some of his friends came over and said hello in the car! They listened to Dan's music together, lovely to see

Had tea together, Sam went to the cinema.

Thursday

While Sam was out at horse riding this afternoon, Dan, my colleague and I went up to the supermarket and chose some ingredients for baking . We made his favourite chocolate muffins together.

When he got back he had a foot spa and enjoyed relaxing in the warm.

Friday

Today we were planning to go for a walk

Dan gets up late and packed the bag for a walk, but Dan decided he didn't want to go so we walked a lot in the house, Dan was singing and listening to music, he marched me up the stairs to show me he'd decided he wanted another bath!

Weekend

Swimming with Sam, take lunch for Sam, ring ahead that pool, café open and has Jacket potato and beans, they did and said they'd put one aside, so I didn't have to take his lunch today, temp of pool sounds perfect.

Dan being relaxed in the car

Seeing Sam and his PA in the water at the pool, communicating so well even though words weren't spoken was fantastic!