

# What Will Happen On My First Session?

## 1. MEETING YOUR FAMILY SUPPORT WORKER

YOU WILL MEET ONE OF OUR FRIENDLY TEAM  
THEY WILL STAY WITH YOU FOR THE WHOLE VISIT AND HELP YOU FEEL CALM AND COMFORTABLE

## 2. GETTING READY FOR FAMILY TIME

THE FAMILY SUPPORT WORKER WILL HELP YOU SAY GOODBYE TO THE PERSON YOU LIVE WITH.  
YOU WILL THEN GO TO MEET THE PERSON YOU ARE SPENDING TIME WITH  
THIS MIGHT BE AT ONE OF OUR FAMILY ROOMS OR OUT IN THE COMMUNITY  
YOU CAN TELL THE TEAM HOW YOU ARE FEELING AND WE WILL LISTEN AND HELP

## 3. SPENDING TIME TOGETHER

THIS TIME IS ALL ABOUT HAVING FUN AND ENJOYING SOME TIME TOGETHER  
YOU MIGHT: PLAY GAMES, WATCH TV, PLAY WITH TOYS, GO TO A CAFÉ OR RESTAURANT, GO TO THE  
PARK OR A PLAY CENTRE OR SPEND SOME TIME TALKING ABOUT THINGS YOU HAVE BEEN DOING

## 4. DURING THE VISIT

THE FAMILY SUPPORT WORKER WILL STAY WITH YOU THE WHOLE TIME  
SOMETIMES THEY MIGHT WRITE NOTES ON THEIR PHONE OR IPAD. THIS IS NOTHING TO WORRY ABOUT  
THEY CAN TELL YOU HOW TO GET A DRINK OR SHOW YOU WHERE THE TOILET IS

## 5. SAYING GOODBYE

WHEN IT'S TIME TO SAY GOODBYE, THE FAMILY SUPPORT WORKER WILL HELP YOU. THEY WILL TAKE  
YOU BACK TO THE PERSON YOU LIVE WITH AND ASK HOW YOU ARE FEELING AND IF YOU HAD A NICE  
TIME. IT IS ALWAYS OKAY TO TELL THE TRUTH

## 6. GOING HOME

THE FAMILY SUPPORT WORKER WILL TELL THE PERSON YOU LIVE WITH ANYTHING THEY NEED TO  
KNOW ABOUT THE VISIT. THEN THEY WILL SAY GOODBYE, AND YOU WILL GO HOME.



## REMEMBER!

YOU ARE NOT ON  
YOUR OWN.

WE ARE HERE TO  
SUPPORT YOU AND  
HELP YOU FEEL  
COMFORTABLE.



**SOUTH WEST  
FAMILY SERVICES**

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