

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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