

## **What a Psychosocial Recovery Coach (PRC) Can Do**

A Psychosocial Recovery Coach focuses on supporting participants with psychosocial disabilities to build capacity, resilience, and work toward recovery. Here's what they can do:

### **Recovery Coach Responsibilities**

#### **1. Develop a Recovery-Oriented Relationship**

- Work collaboratively with participants to explore strengths, challenges, and recovery goals.
- Build a relationship based on trust, empathy, and understanding.

#### **2. Support Recovery Goals**

- Help participants set realistic recovery-oriented goals aligned with their NDIS plan.
- Empower participants to pursue personal growth, independence, and community involvement.

#### **3. Coordinate Supports**

- Assist with connecting to informal, community, and funded supports.
- Ensure services align with participant goals and recovery pathways.

#### **4. Provide Psychosocial Expertise**

- Use lived or professional experience to offer insights into managing mental health challenges.

#### **5. Build Participant Capacity**

- Teach strategies for managing mental health symptoms, building resilience, and self-advocacy.

#### **6. Encourage Self-Management**

- Support participants to gain confidence and skills to independently manage their plan and supports.

#### **7. Assist in Crisis Situations**

- Provide guidance during challenging situations and connect participants to crisis services if necessary.

#### **8. Collaborate with Support Networks**

- Work with families, carers, and other stakeholders to ensure a holistic approach to recovery.

## **What a Psychosocial Recovery Coach Cannot Do**

A PRC is not a substitute for clinical or direct care services. Their role is distinct and has clear boundaries.

### **Prohibited Tasks**

- 1. Provide Clinical or Therapeutic Services**
  - They cannot act as psychologists, psychiatrists, social workers, or therapists.
- 2. Deliver Personal Care or Support Services**
  - They cannot provide hands-on care, such as assistance with daily living tasks.
- 3. Manage or Spend NDIS Funds**
  - They do not handle financial transactions or manage participant budgets.
- 4. Act as a Legal or Financial Advocate**
  - They cannot provide legal advice or represent participants in financial or legal matters.
- 5. Make Decisions for Participants**
  - They cannot choose services, providers, or make personal decisions on behalf of participants.
- 6. Act as Crisis Intervention Specialists**
  - While they can provide guidance, they are not emergency mental health clinicians.
- 7. Guarantee Provider Outcomes**
  - They cannot ensure that service providers meet expectations or specific outcomes.
- 8. Conduct Administrative Tasks Beyond Scope**
  - They do not manage rosters, invoices, or staff directly providing care or support.

This clear delineation ensures that Recovery Coaches focus on empowering participants in their recovery journey while maintaining professional boundaries.