**Learning Disability Services**

Relief Support Workers

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**A Day in the Life of a Relief Support Worker**

**Introduction**

East Sussex County council (ESCC) have a range of services for adults with learning disabilities across the

County, these include:

* Community Support Services & Supported Living
* Day Services
* Respite Services

Whilst some experience in a related field can be advantageous, it is more important that relief support workers

show an understanding of the needs of people with learning disabilities and that they have a genuine

desire to support people in a way that is respectful and promotes independence.

The working week for a relief support worker depends on which service they work in:

* Respite services operate 24 hours a day, 7 days a week
* Community Support Services operate from 7am – 9pm 7 days a week
* Community Support, Supported Living schemes operate 24 hours a day, 7 days a week
* Day Services operate between 8:30am – 5pm, 4 days per week (also some twilight shifts)

**So, what does a Relief Support Worker do?**

Support Workers work directly with people with learning disabilities. The relief support workers are there to support people with many aspects of their daily life.

**Like what?**

This would depend on who you are supporting and which service you are working in. Some of the things which you might encourage and support people with are:

* Getting up in the morning, having a shower or bath, washing their hair, brushing their teeth & dressing for the day
* Preparing & cooking meals
* Going shopping, going to an appointment
* Making plans and arrangements to meet family or friends
* Budgeting, Paying bills
* Learning a new skill or job
* Engaging in an activity, communication
* Taking medication

And you might do things like facilitate group activities, writing daily diary sheets, contribute to support plans and much more.

Working as a Relief Support Worker is about supporting people with a learning disability to live their

lives to the full. It is a rewarding job that will give you an opportunity to have a positive impact on

the lives of others each day, every day.

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