



# A Day in the life of a Support Worker



Rusthall adult short breaks

# Supporting with personal Care



# Support with taking medication





Breakfast

# Helping with breakfast



# Completing health & Safety Checks

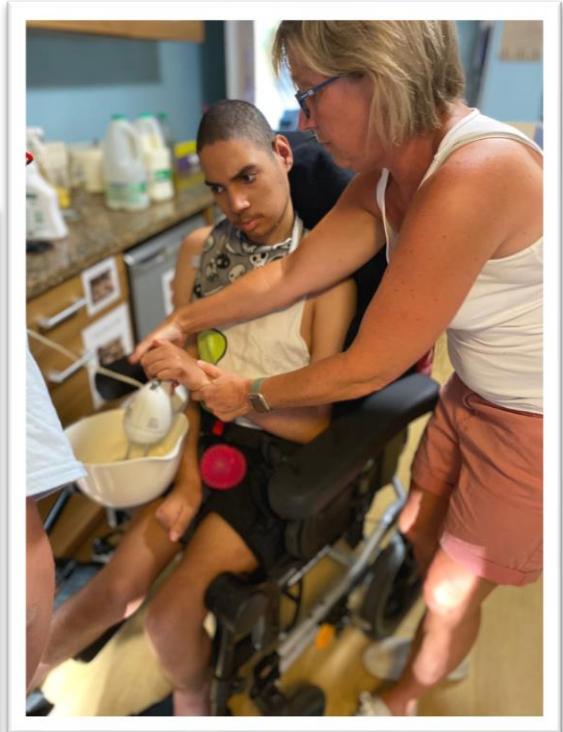


# Supporting with activities





# Helping with lunch



Lunch

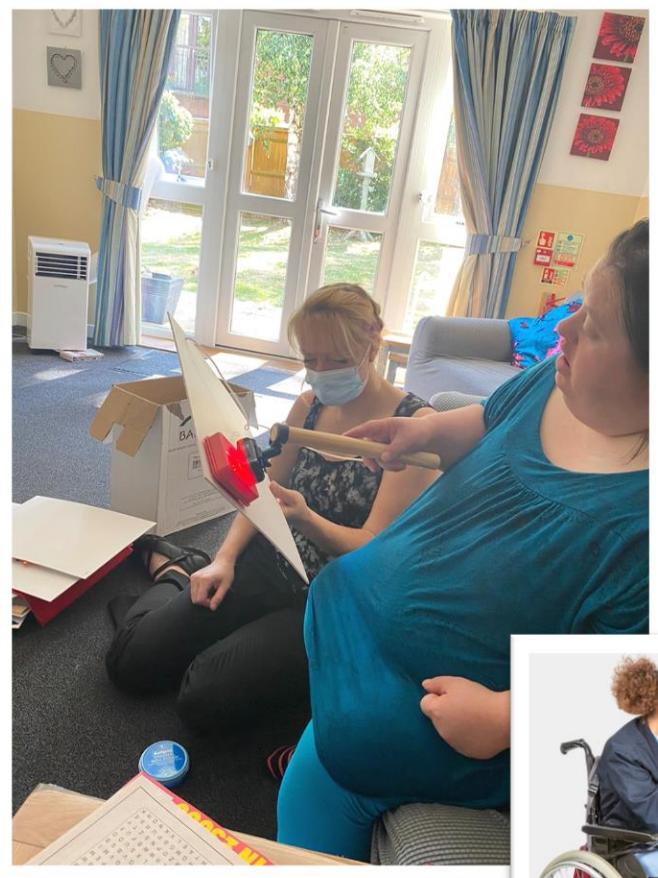
# Doing some cleaning & Laundry



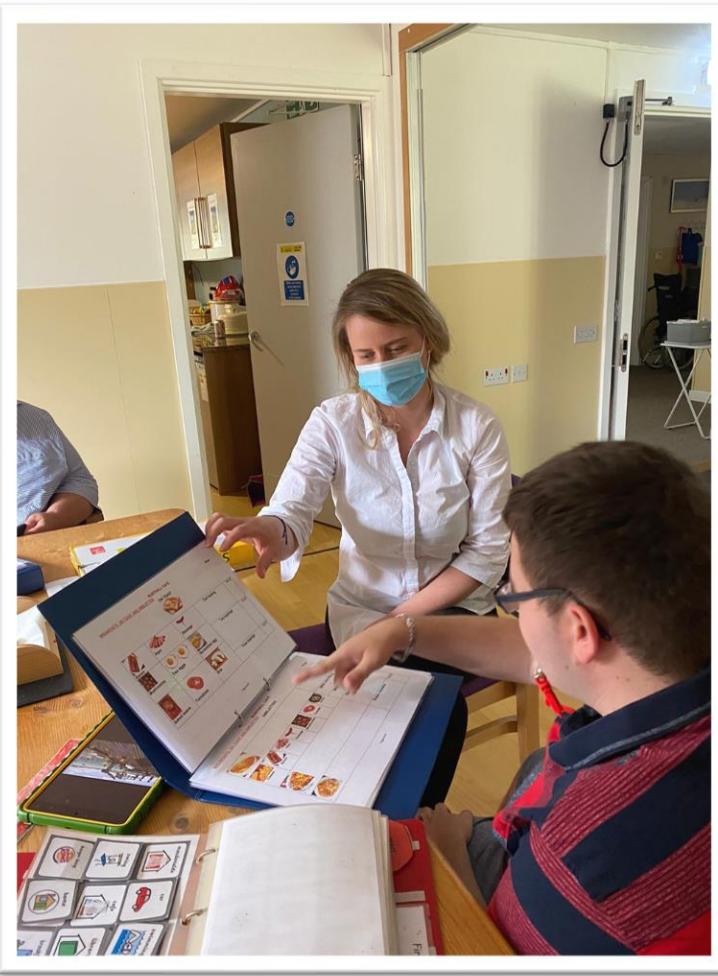
# Completing paperwork



# More activities with the people



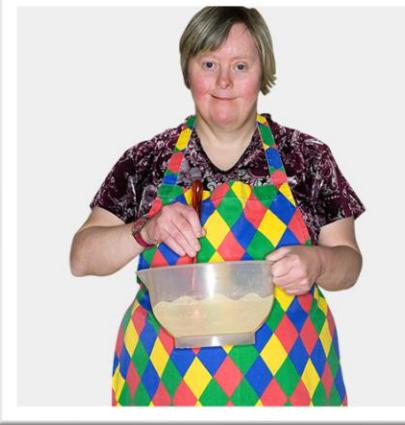
# Supporting with dinner time



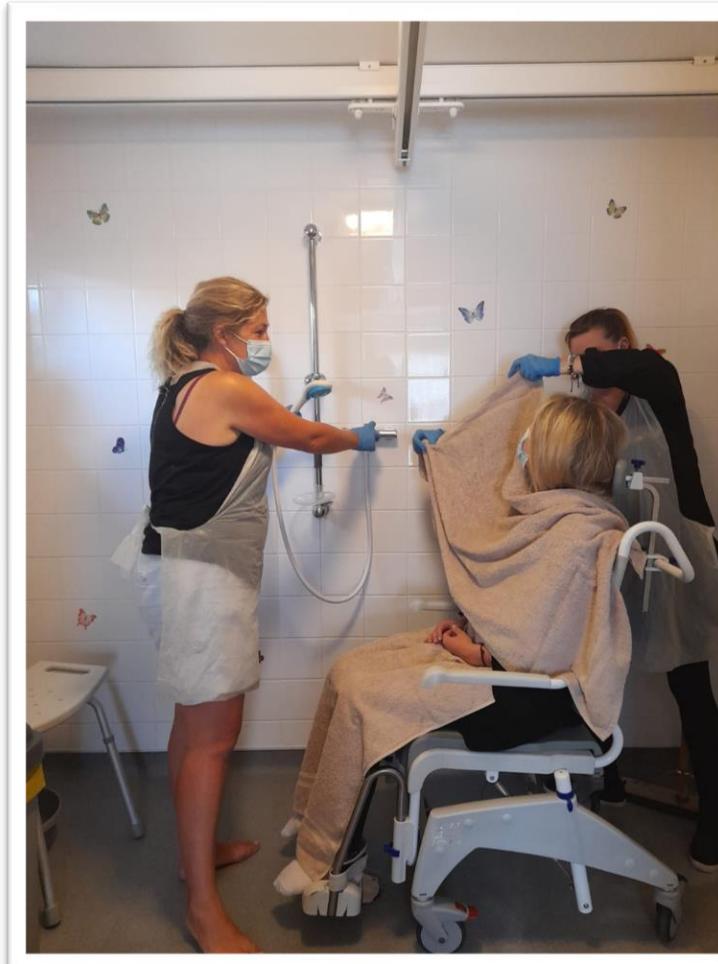
# A bit more cleaning & Laundry

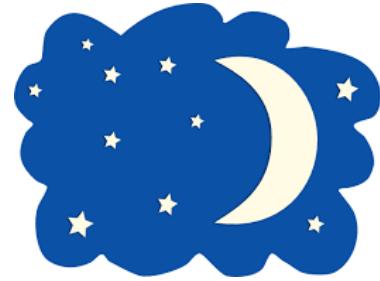


# Even more activities

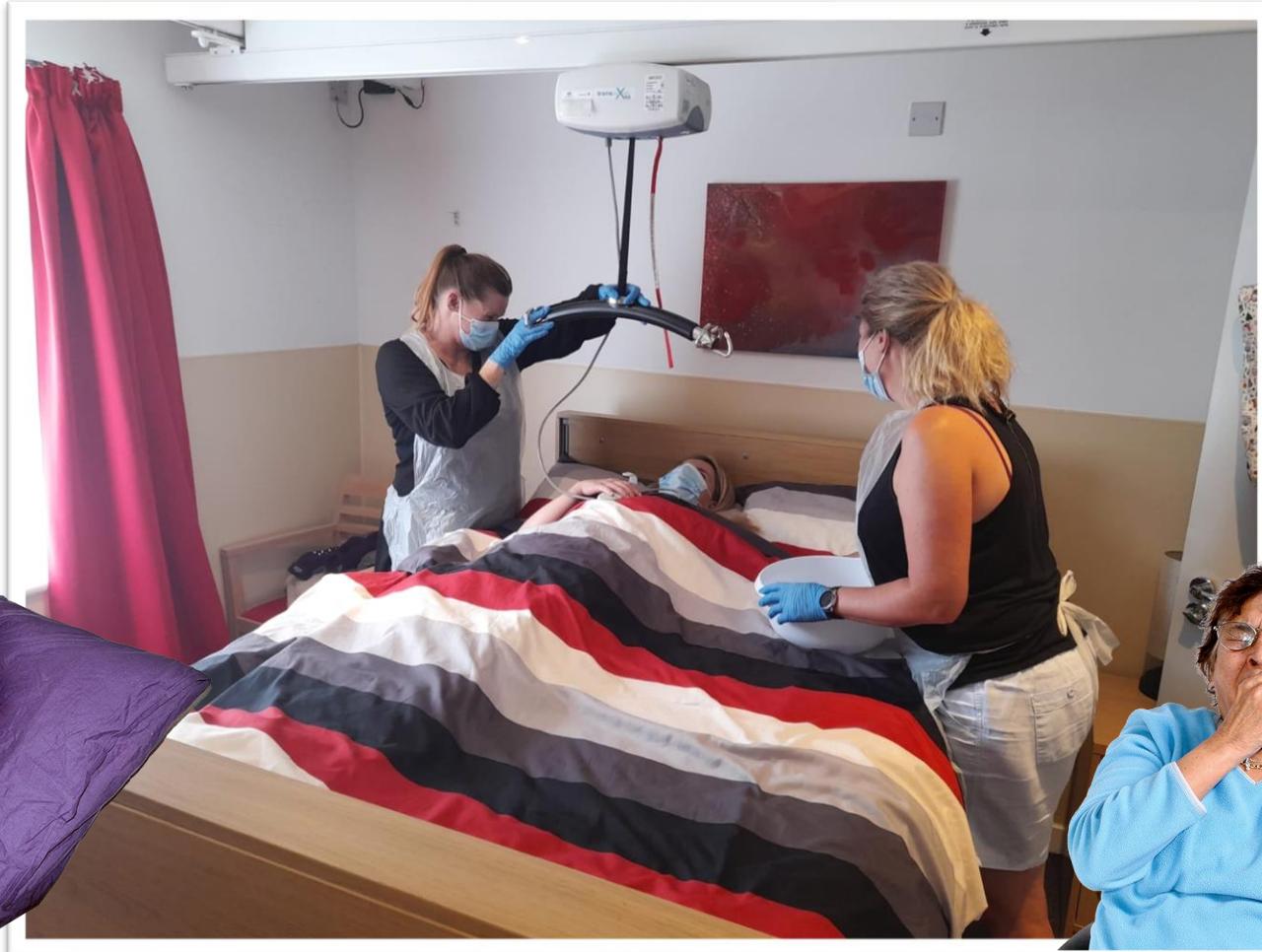


# Assisting with personal Care

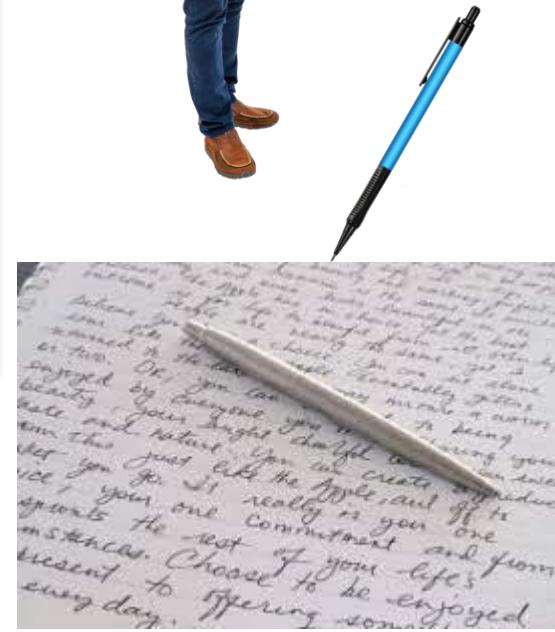
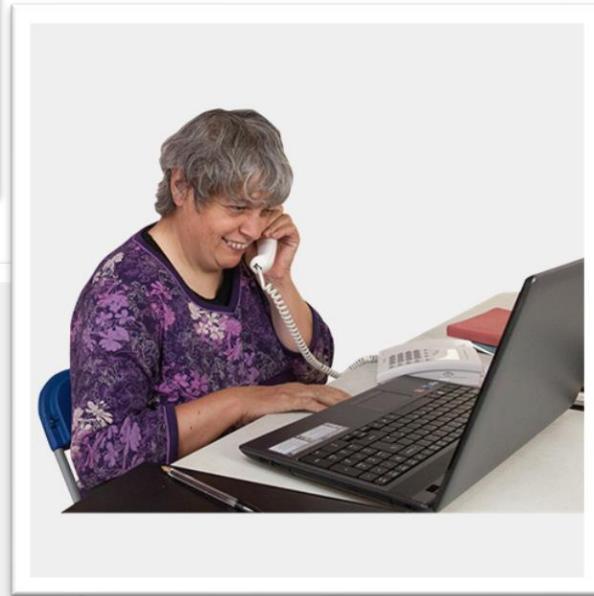




It's bedtime ..zzzz



# A bit more paperwork



# Typical Shifts

- 3pm – 10pm + Sleep-in + 7am – 3.30pm
  - Wake Night – 10pm – 7.15am
- Occasionally 3pm – 10pm, 7am – 3.30pm