



# 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

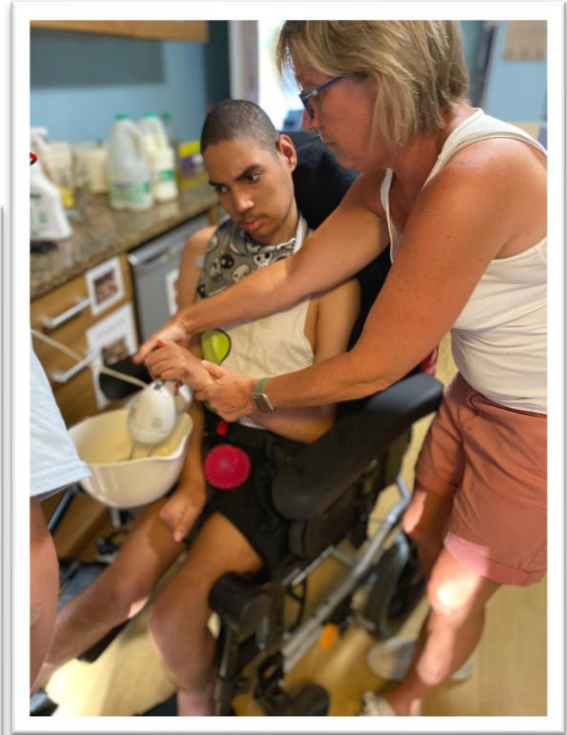


# Supporting with activities





# Helping with lunch



Lunch

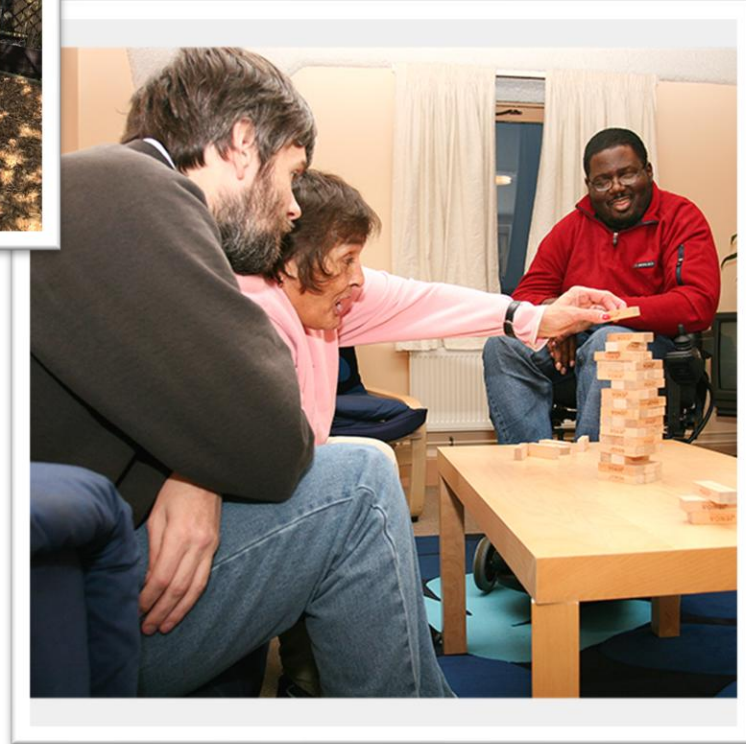
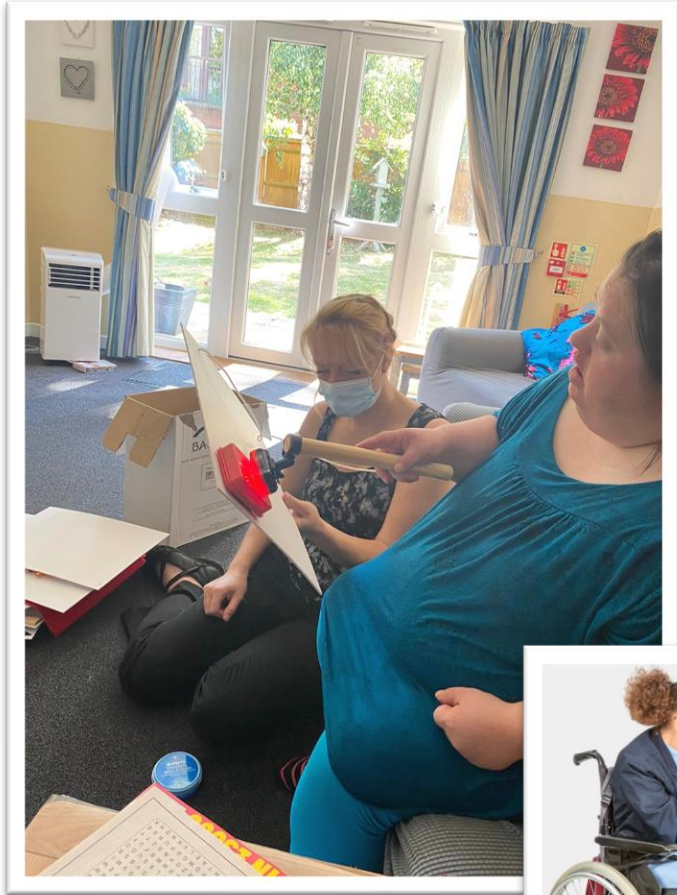
# Doing some cleaning & Laundry



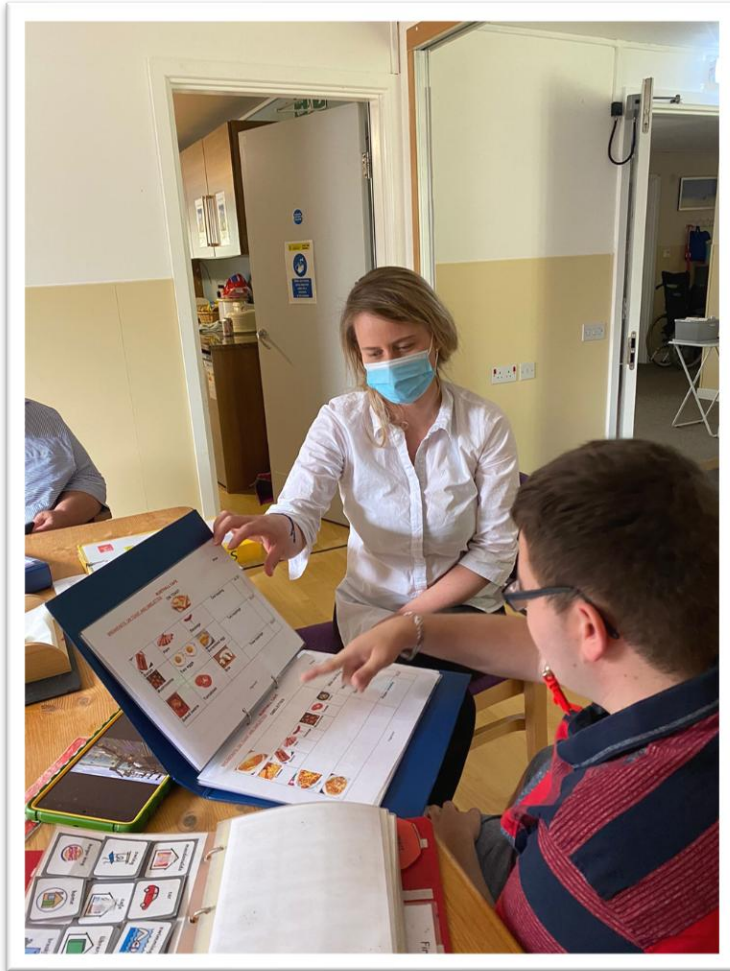
# Completing paperwork



# More activities with the people



# Supporting with dinner time



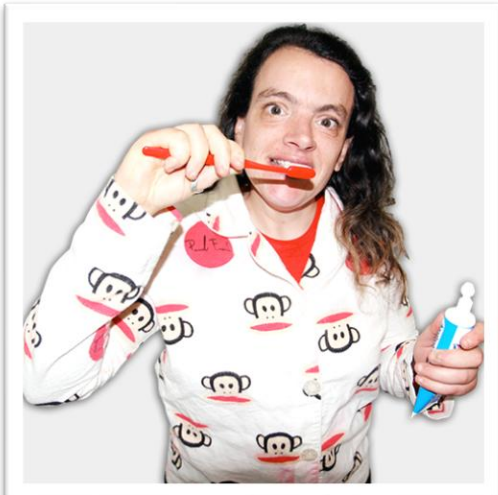
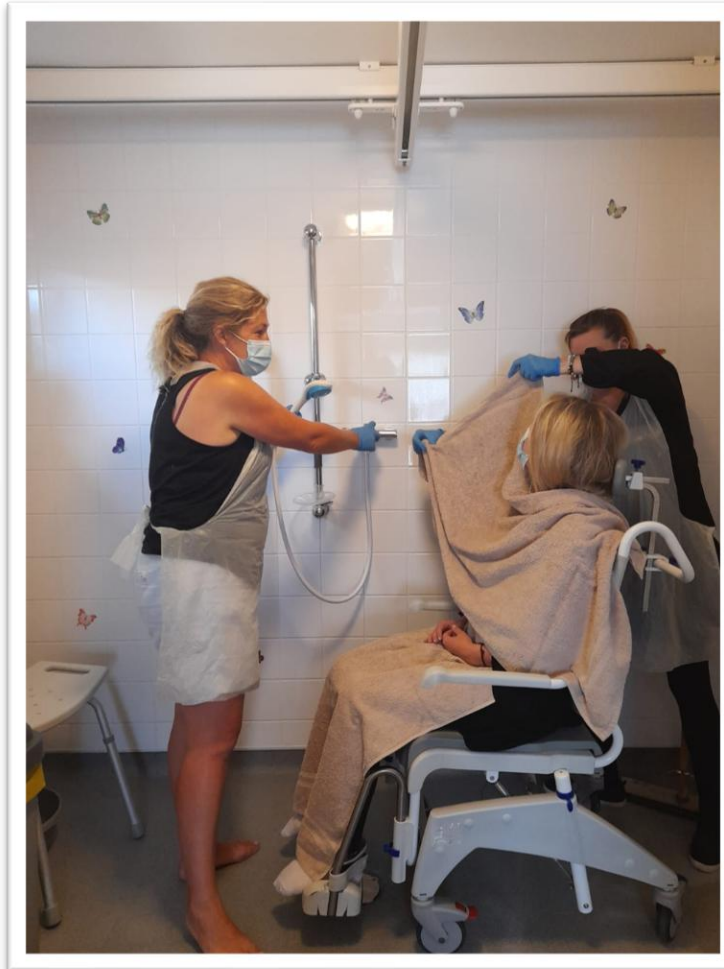
# A bit more cleaning & Laundry



# Even more activities

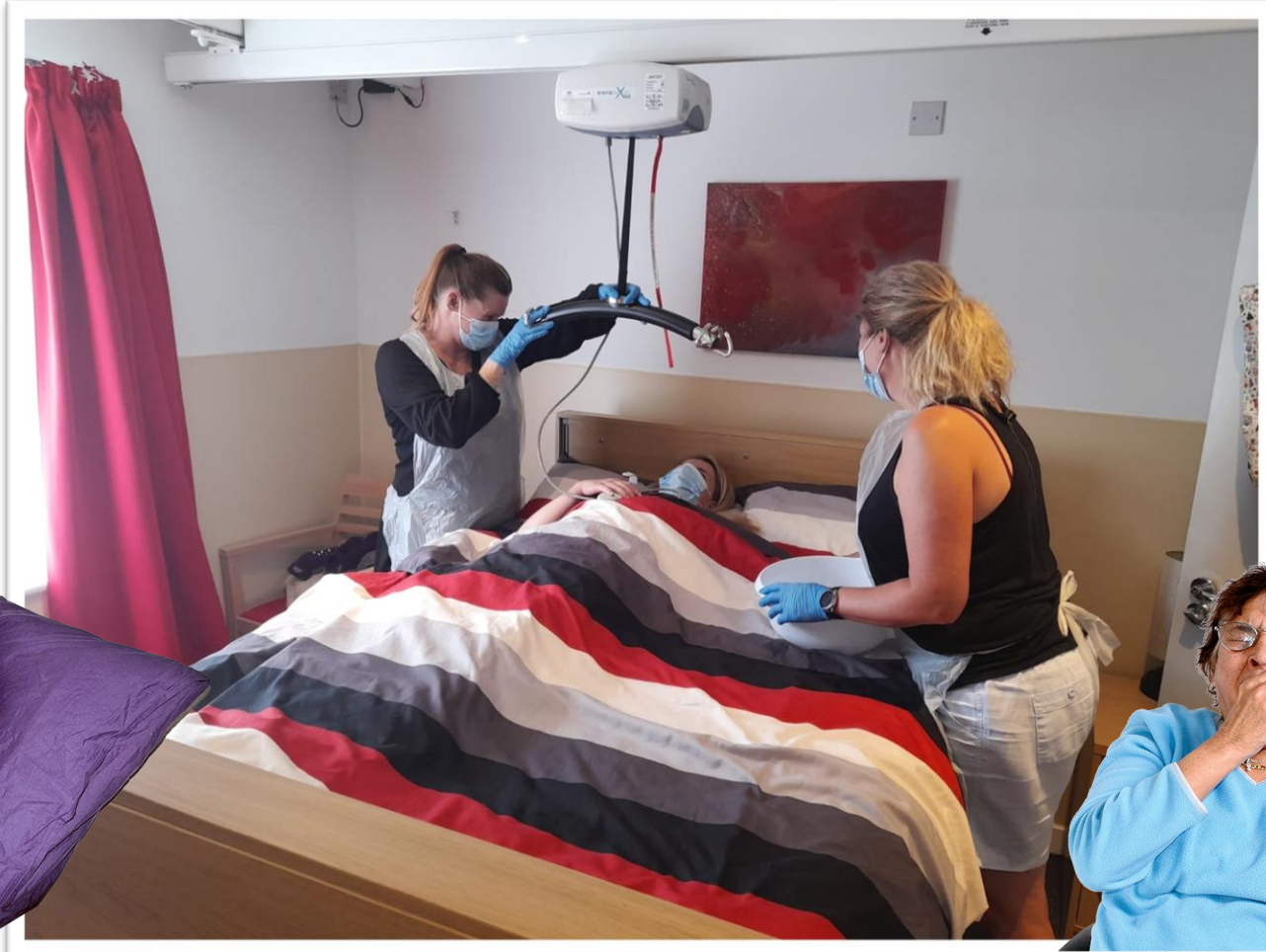


# Assisting with personal Care

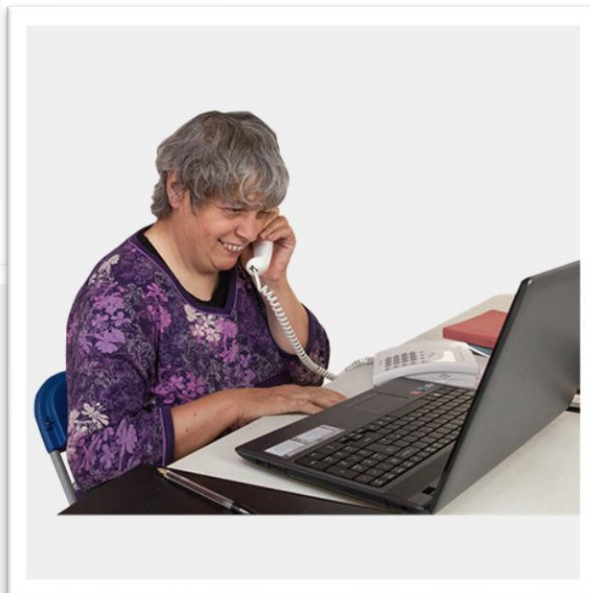




It's bedtime .z z z z



# A bit more paperwork



# Typical Shifts

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