

## Examples of support worker support

Support workers can help with many things and they all have different skills. For example, they could be a coach, mentor, teacher, study buddy, or medical support.

### Personal care

Showering, toileting and mealtime assistance at home or in the community



### In-home care

Help with morning and evening routines, medical prompts, and meal preparation



### Help around the house

Cleaning, yard maintenance, and home-office duties.



### Transport

Help to get your chores done or travel from A to B.



### Therapy support

Support to plan, practice, and enjoy your therapy.



### Out and about

Support to get out, take a class, exercise, volunteer or go to gatherings.



### Specialist (high needs)

High needs support for more complex, personal requirements.



### Education and employment

Coaching to help you achieve your goals at school, college, or work.

