

Working as a care or support worker

An Easy Read guide



How to use this guide



The Department of Social Services (DSS) wrote this guide. When you see the word 'we', it means DSS.



We wrote this guide in an easy to read way.

We use pictures to explain some ideas.

Bold
Not bold

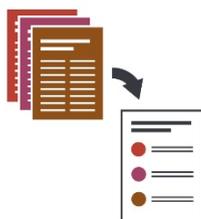
We have written some words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

There is a list of these words on page 27.



This Easy Read guide is a summary of a website.

This means it includes the most important ideas.



You can find this guide on our website at

www.careandsupportjobs.gov.au/campaign



You can ask for help to read this guide.

A friend, family member or support person may be able to help you.

What's in this guide?

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What is this guide about?

The care and support sector provides supports and services to:



- people with disability



- older people



- people who were in the **Australian Defence Force.**

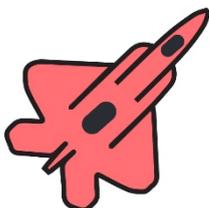
The Defence Force includes the:



- Army



- Navy



- Air Force.

The care and support sector includes:



- people



- organisations.

In the care and support sector, you can choose from lots of:



- jobs
- careers.



Your career is the path you take in your work throughout your life.

This guide talks about:



- why care and support work is important



- who you might care for or support



- what jobs you can apply for



- how you can start working as a care or support worker.

Why is care and support work important?

Working as a care or support worker can make life better for:



- the people you work with
- you.



You can choose your work hours.

This can help you balance different parts of your life, including:



- work
- family
- study.



There are lots of different jobs you can choose from.



Your work is different every day.



You can make strong working relationships with the people you support.



You might choose care and support work if you are about to leave school.

You might choose care and support work if you want to:



- start working again



- find a new career



- have a job that makes you feel good.



We want to find people with different:

- skills
- experience.

Who might you provide care and support for?



In the care and support sector, you might work with different people.

You might help older people:



- be **independent** in their homes



- get used to a new home in **residential aged care**.



When you are independent, you can do things for yourself.

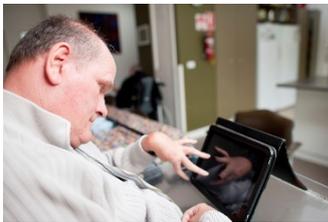


Residential aged care is where older people live when they can't live in their home anymore.

You might work with people with disability to help them:



- reach their goals



- learn new skills



- be more independent.



You might work with people who were in the Australian Defence Force.



They might also have a disability.

You might work with people who:

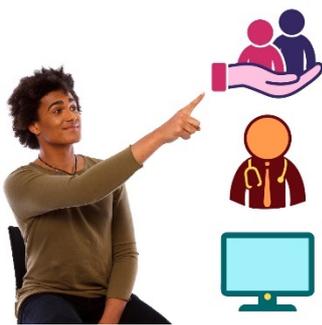


- come from different backgrounds



- have had different life experiences.

What jobs might you do?



There are lots of different jobs in the care and support sector.

We talk more about the different jobs on the following pages.

Domestic assistance workers



Domestic assistance workers support people in their home.

You might support someone to:



- clean their home



- cook meals



- take care of their garden.

Support workers



Support workers help people with daily activities so they can:

- live a full life
- be independent.

For example, you might support someone to:



- have a shower



- get dressed



- eat a meal.

Or you might support someone to:



- take part in the community



- go to work



- shop.

You might also support someone to:



- cook meals



- clean their home.



You might need to give a report about the person you work with.

That report would talk about:



- how you helped them



- how they think and feel



- things you are worried about



- how they have worked toward their goals.

Allied health professionals



Allied health professionals support people with their health care.

There are many different types of allied health professionals.



You might be a **speech pathologist**.

A speech pathologist helps someone with how they:



- talk
- communicate
- swallow.



You might be an **occupational therapist**.

An occupational therapist helps someone find ways to do everyday tasks.



You might be a **behaviour support practitioner**.

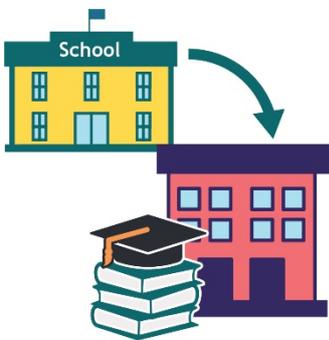
A behaviour support practitioner helps someone to:



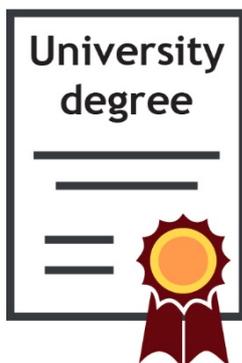
- live a better life



- behave in ways that don't put:
 - themselves in danger
 - other people in danger.



To work as an allied health professional you must study after you finish school.



For example, you will need a university degree.

Nurses



Nurses provide health care to people.

A nurse can:



- give people treatments or medicine



- use medical equipment



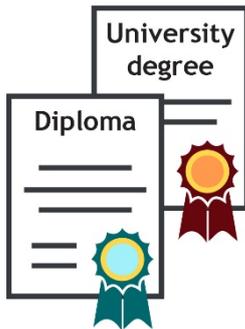
- check a person's blood pressure or temperature



- perform first aid.



To get a job as a nurse you must study after you finish school.



For example, you will need a nursing diploma or university degree.

Other jobs



There are lots of other jobs in the care and support sector.



There are jobs to help support workers.



You could be a **support coordinator**.



A support coordinator helps people with disability plan and use their supports.



You could be an advocate.



An advocate is a person who speaks up for people with disability.

They can:



- help you have your say



- give you information and advice.



There are also jobs where you manage other people.

How can you start working in the care and support sector?



There are lots of different ways you can start working in the care and support sector.



There are some jobs where you need to study more after you finish school.

This includes:



- nurses



- allied health professionals.



There are lots of jobs where you don't need to study more after you finish school.



For example, a support worker.



An **employer** hires other people to work for them.



An employer from the care and support sector looks for people with the right skills for the job.

But they also look for people who:



- care about helping others

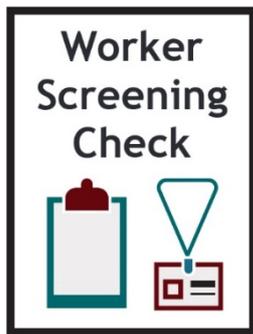


- can speak languages other than English



- come from different backgrounds and experiences.

There are some jobs where you might need:



- a **Worker Screening Check** - a way to help keep people safe



- to have done First Aid training



- your driver's licence, so you can drive people to appointments.



If you need to get a Worker Screening Check, your employer might set this up for you.



If you don't have any job experience, there are lots of jobs where you can get training where you work.



If you have some job experience, there are lots of jobs you can still apply for.



There are lots of options for learning new skills.



You can find out more on the 'Skills and Training' page of our website.



www.careandsupportjobs.gov.au/skills-and-training

More information



You can find more information about the care and support sector at

www.careandsupportjobs.gov.au



You can search for jobs to apply for at

www.careandsupportjobs.gov.au/now-hiring



You can email us at

careandsupportworkforce@dss.gov.au



You can follow us on Facebook

[@CareandSupportAus](https://www.facebook.com/CareandSupportAus)

You can also contact the National Disability Gateway.



1800 643 787



www.disabilitygateway.gov.au

Word list

This list explains what the **bold** words in this document mean.

Advocate



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They can:

- help you have your say
- give you information and advice.



Allied health professionals

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Australian Defence Force

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Behaviour Support Practitioner

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- live a better life
- behave in ways that don't put:
 - themselves in danger
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Care and support sector

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- older Australians
- people who were in the Australian Defence Force.



Career

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Domestic assistance workers

Domestic assistance workers support people with tasks in their home.



Employer

An employer hires other people to work for them.



Independent

When you are independent, you can do things for yourself.



Occupational therapist

An occupational therapist helps someone find ways to do everyday tasks.



Residential aged care

Residential aged care is where older Australians live when they can't live in their home anymore.

Speech pathologist



A speech pathologist helps someone with how they:

- talk
- communicate
- swallow.



Support coordinator

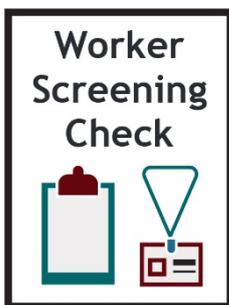
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Support workers



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Worker Screening Check

A Worker Screening Check is a way to help keep people safe.



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