

What makes a good support person??

From ONE by ONE, a group in Melbourne, Australia

- ✓ Genuine respect, understanding, concern & consideration for the person and their wants, needs & capabilities
- ✓ Sensitivity, trust, honesty, openness
- ✓ Getting to know people well but also knowing that there is much about each person still to be discovered
- ✓ Believing in, encouraging & facilitating genuine community inclusion & typical lifestyles
- ✓ Understanding the importance of the role that family & friends play in any person's life and facilitating this
- ✓ Listening to what's said & unsaid and responding accordingly
- ✓ Respecting diversity, difference and wishes
- ✓ Respect for other people's routines & rituals
- ✓ Imagination, flexibility, creativity and being open to change
- ✓ Attention to detail
- ✓ Know we all have good & bad days, it's just part of life!
- ✓ Willingness to do what it takes, and even more!
- ✓ Seeing their role as more than a job
- ✓ Believing that anything is possible
- ✓ Having initiative & common sense
- ✓ Respect for one's privacy (realizing what is one's own business)
- ✓ Knowing that there is nothing "standardized" about life
- ✓ Pushing the boundaries
- ✓ Ability to walk the walk not just talk the talk!
- ✓ Fun!!