

# Supporting people in group homes



Plain English

We want to help you support people in group homes.

This is a hard time for everyone, we want to be sure we get through it together by making it as easy as possible.

People in the home may feel worried or upset.

It is hard when people you do not know care for you.

## Easy Read Guide

You have Easy Read guides to help people know what is happening.

It is good to read and look through this together.

You need to do this more than once.

Some people may need to read it with you each day.

It is important you can talk and answer questions to help people understand.

If a person does not read or use speech to communicate you must still read it to them, point to pictures and explain.



## PPE (Personal Protective Equipment)

You will wear PPE to be safe.

PPE can look strange and scary to people with a disability.

To help with this you could

- Show a photo of yourself when you arrive
- Stick the photo on the fridge or somewhere people can see it when you are on shift
- Talk about the clothes you usually wear
- Use humour about how you look if it suits the person

You can read through the 'PPE' section in the Easy Read guide to help people understand.



## Routine

Things are not happening as they usually do in the home.

You can help a person to feel better by getting to know and maintaining their routine.

This can help people know what will happen throughout their day.

You can talk with the person about what routine they like.

Some people may like their routine to be somewhere they can see with words and pictures.

If you don't have words or pictures you can try drawing a daily routine or using the computer to find pictures together.

Their daily routine may also be documented in their personal file.



## Getting to know the person

Getting to know people is an important part of your role.

Find out what people like and do not like, and what they need.

You can talk to people about things they can do in their day.

People will not be able to do their regular activities.

This may make them sad or upset.

You may need to remind people why they cannot do these activities each time.

You can use the 'Remember' section in the Easy Read guide to help with this.

It is important that you talk about what they can and want to do.

There may be more information about this in their personal file.



## Decision Making

Make sure the person is making choices and decisions every day.

Something that may seem a little thing to you may be a big thing for the person you are supporting.

This is how people have power and control in their own home and for their life.

Support people to be included in all choices where possible.

Some examples are:

- What clothes they will wear
- Personal care and choosing personal care items
- Food and drinks
- Activities or trying new hobbies
- When they would like your support
- If they want the TV on or off, what show they like or if they want to listen to music
- What snacks they want during the day

It is important you know what people can do, and what they need support with.

It is important not to do things for people that they can do independently.

## Communication

It is important to understand a person's individual way of communicating.

If a person doesn't use speech or words they may instead use pictures, gestures, body language or behaviour to show you what they want or don't want, like or dislike.

Pay attention to what people are telling you with their behaviour or body language.

Please read any Easy Read information to each person in the house regardless of their communication style.

