

INFORMATION PACK



Lifestyle Support Worker - Permanent



mental health
foundation
ACT

Position Overview

**Job Title**

Lifestyle Support Worker

**Location**

Florey

**Job Type**

Permanent Part Time

**Direct Reports**

None

**Closing Info**

31/01/2026



We understand life sometimes throws people challenges. We exist to help them through.

MHF provides community based health support services directly and through partnerships with the public health system, primary health providers, other community organisations and the NDIS. The services we provide are:

- Accommodation services for people facing mental illness
- Support work
- Capacity building, prevention and recovery
- Case Management
- Counselling through MHF Counselling Service

Our vision is that Canberrans and the surrounding community live with hope, choice and good mental health.

This is achieved using a recovery framework, a personal journey toward the achievement of holistic wellbeing.

Working with MHF, whether as a staff member or a volunteer is a rewarding experience that enables you to excel in your role. We value continuous improvement and strive to make the organisation a little bit better each day. We have a culture that we are proud of, a culture that puts the people we are here to serve at the forefront of everything we do.

Key Working Relationships

People in the care of MHF; their carers / guardians; MHF Staff and Volunteers; Referrer Agencies.

Duties and Responsibilities

MHF runs a vibrant and client focused support service and if successful, you will be joining a dedicated and cohesive team. This role will be based at a home in Florey where there are participants with high needs, including behavioural support plans.

This role will see you:

- Be considerate of the rights and needs of participants in their homes
- Provide mental health mentoring and support to people living with mental illness
- Identify and report significant and notable changes in the needs of people living with mental illness and ensure that a record is prepared after each activity or appointment
- Develop supportive and empowering relationships with people living with mental illness, their families and carers
- Facilitate supported decision making
- Provide support to participants overnight as part of their 24/7 care

Role Specifics

- Assist with self-administration of medication; meal preparation; and provide emotional support and encouragement to participants while they attend activities
- Work as a member of the team sharing relevant knowledge and experience

This role will be attractive to someone who thrives on lots of direct engagement with people and who is looking for certainty and consistency in their weekly roster.

Essential

- Minimum Cert IV in a relevant area - Mental Health, Community Services etc
- You must be able to demonstrate that you have a minimum of two years experience providing direct supports to people with mental illness
- You must be able to provide daytime shifts, evening shifts and overnight inactive shifts
- You must be able to work some weekend shifts
- You must have a driver's license

Desirable

- Experience working with participants on a behavioural support plan
- Experience working with the NDIS Framework
- Excellent written and verbal communication skills

Hours of Work

This is a permanent part-time role 10 - 20 hours per week. The role will be required to be available on weekends from time to time. Penalty rates will apply as per the award.

Rate of Pay

This is offered at a minimum of Grade 2.2 on the Social, Community, Home Care and Disability Services Award. Higher grades may be offered based on experience and qualifications

Pre-Engagement Checks

As MHF's work involves staff being in direct contact with vulnerable people, all staff, whether paid or unpaid are required to complete a Working with Vulnerable People check with NDIS Screening.

MHF will conduct at least two reference checks on successful applicants and may also require proof of any professional qualifications stated on an application.

General Information

All staff, whether paid or unpaid are required to adhere to MHF's Code of Conduct and Organisational Policies during the course of their engagement.

Role Specifics

MHF acknowledges Aboriginal and Torres Strait Islander peoples as Australia's First Peoples and sovereign custodians of this land. We pay our respects to Elders past, present and emerging.

MHF also acknowledge the individual and collective expertise of those with a living or lived experience of mental health. We recognise their vital contribution at all levels and value the courage of those who share this unique perspective for the purpose of learning and growing together to achieve better outcomes for all.

We are committed to the safety and wellbeing of people of all ages. We welcome all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.