

Mental Health Foundation (ACT)

Position Description

Position Title	Lifestyle Support Worker
Reports to	Operations Manager
Roles Reporting to this Role	Nil
Key Relationships	Frontline Staff; Corporate Services Manager; Business Development Manager: Administration Support
Location	Remote flexibility
Terms	Casual

Objectives of this Position

This role will provide frontline support to NDIS Participants and other people who require support with their day to day mental health in a friendly and person centred manner.

Qualifications and Skills

Essential Criteria

- Nil

Desirable Criteria

- Certificate IV in Mental Health or similar
- Experience providing front line support in aged care, disability or mental health sectors
- Understanding of alcohol and other drug interactions and behaviours
- Experience managing challenging behaviours
- Knowledge of suicide assessment process and appropriate intervention strategies
- Experience in managing aggressive communication
- Literacy with information and communication technology systems
- Current Australian Drivers Licence and your own roadworthy vehicle with comprehensive insurance
- Highly developed written, verbal, interpersonal and service collaboration skills
- Experience working with NDIS participants, NDIS service providers and using the NDIS portal
- First Aid, including CPR and Mental Health First Aid

Limitations

There are no limitations associated with this position.

Main Responsibilities

This role may see you:

- Be considerate of the rights and needs of participants in their homes
- Provide mental health mentoring and supports 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
- Promote MHF with all relevant stakeholders in line with MHF's Strategic Plan
- Provide back up support to participants overnight as part of their 24/7 care
- 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

Specialised Responsibilities

- Certain participants may require specialised supports, for example:
 - Medical or clinical issues such as epilepsy
 - Mediation management
 - Behavioural Support Plans
 - Alcohol or other drug dependence
- Support workers will be required to obtain training in such instances before they can provide support to those participants.

Conditions

- All employees of MHF, whether paid or unpaid are required to abide by MHF's Code of Conduct
- All employees of MHF, whether paid or unpaid are required to hold a current ACT Working with Vulnerable People Card with a NDIS Worker Screening check

Acknowledgement

I, <Name> acknowledge that I have read and understand the contents of this Position Description and:

- Confirm I have the relevant qualifications, skills and experience set out as non-negotiables
- Confirm I have read the MHF Code of Conduct and agree to abide with its content

Name

Signature

Date