



## A DAY IN THE LIFE OF A MS SUPPORT WORKER

RECENTLY WE SPOKE WITH THREE OF OUR GRANSTON LODGE SUPPORT WORKERS DI, SINA AND LORETA TO SEE WHAT A TYPICAL 'DAY IN THE LIFE' OF A MS SUPPORT WORKER CAN LOOK LIKE.

For people living with progressive MS who can no longer self-manage, they want to maintain their independence as much as possible and be free to participate in life as any other person would. To support them, MS Queensland offer two accommodation facilities – Granston Lodge (which houses 16 permanent residents and up to six respite beds) and Annerley Apartments (which houses eight permanent residents).

### 6:00AM - MORNING SHIFT

Their shift starts with a handover from the night shift support worker then it's time to help residents out of bed to start their day. Each of the 22 residents can take between 30 – 90 minutes to move from their bed to the shower and get dressed for the day so support workers need to work in pairs. Their attention to detail for each individual resident is what makes their work so special, whether it's remembering whether they like their hair braided or blow-dried, what jewellery they would like to wear with the day's outfit, or what aftershave the men would like to wear.

**i** To find out more about our accommodation services, please call on our InfoLine on **1800 177 591**.

### 7:00-8:30AM - BREAKFAST

Once the kitchen is open, support workers help the first residents with breakfast. While this is happening, some residents are still receiving assistance with their morning routines including showers – there can be up to three pairs working per shift.

### 12NOON - LUNCH

By the time noon approaches, support workers have only just finished assisting residents through their morning routines. They help residents with meals before an afternoon of tidying up while the residents rest, go on social outings or attend appointments. The emphasis is placed on working towards the goals that are set for each resident to ensure that they get the best out of life and continue to live positively with MS.

### 1:45PM - AFTERNOON SHIFT

Afternoon support workers begin their shift while some residents are out shopping, seeing a movie, or seeing friends and family. Support workers work closely with our activities team to arrange activities and transport.

### 5:00PM - DINNER

For those residents who have decided to stay home, dinner is served from 5pm before supper at 7pm. Once again, support workers assist the residents with meals before they start to wind down the evening.

### 9:45PM - NIGHT SHIFT

At this time the afternoon support workers handover to the night shift staff who work through to 6am the following day, caring for residents when and where they need.