

Therapy & Support Worker Alignment Checklist

Connect your therapy strategies into everyday support, one goal at a time.

Therapy helps you build a skill. Your support workers help you use it in everyday life. When the two are joined up around one clear goal, your plan does far more for you. This checklist is a simple way to make that happen, without it feeling like hard work.

HOW TO USE THIS CHECKLIST

- Start with one goal. Not everything at once. One is enough to see it work.
- Ask your therapist for a simple strategy you can share with your support worker.
- Fill in a goal card below, together with your support worker.
- Pop it on the fridge or in your phone, practise it, and check back in a few weeks.

Your goal alignment cards

Here is a worked example, then blank cards for your own goals. Copy a card whenever you take on something new.

EXAMPLE · HOW IT LOOKS FILLED IN

1. The goal I am working on

Make my own breakfast more independently.

2. My therapist's strategy (what they suggested)

My occupational therapist broke the routine into small steps, and suggested I take on one more step each week.

3. How my support worker can help me practise it

My support worker stands back and coaches me, prompting only when I am stuck, instead of doing it for me.

4. When we will practise it

Every weekday morning.

5. What progress will look like

I complete one extra step on my own each week.

GOAL

1. The goal I am working on

2. My therapist's strategy (what they suggested)

3. How my support worker can help me practise it

4. When we will practise it

5. What progress will look like

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Getting everyone on the same page

Tick these off as you go. They keep the goal moving without anyone having to be an expert.

- ☐ I have chosen one goal to start with, not everything at once.
- ☐ I have asked my therapist for a simple, written strategy I can share.
- ☐ With my consent, that strategy has been shared with my support worker.
- ☐ My support worker and I have agreed who does what, and when.
- ☐ We have picked a regular time to practise it.
- ☐ We have set a date to check how it is going, for example in four weeks.
- ☐ I know it is completely fine to adjust the plan if something is not working.

Handy things to say

ASK YOUR THERAPIST

- *"Can you give me one simple strategy my support worker can help me with?"*
- *"What small steps should we practise between sessions?"*
- *"How will we know it is working?"*

ASK YOUR SUPPORT WORKER

- *"Here is what my therapist suggested. Can we build it into our routine?"*
- *"Could you coach me through this, rather than do it for me?"*
- *"Can we note what is going well, so I can tell my therapist?"*

A quick note on consent and privacy

Sharing your therapy strategies with your support worker means sharing some personal information, and that is completely your choice. Share only what is helpful, and only with people you are happy to share it with. Anyone who handles your information must protect it under the Australian Privacy Act 1988 and the Australian Privacy Principles.

REMEMBER

- You do not need to get everything working at once. One goal, joined up well, is how real progress starts.