

Carer Peer Support Worker Role

- To use active listening skills to help people develop self-understanding and identify their personal recovery goals
- To support others in achieving goals that they have identified for themselves, including signposting to other organisations and opportunities
- To role model recovery, personal responsibility and self-awareness
- To raise awareness of recovery language among Trust staff by modelling positive, strengths based, non-discriminatory, non-jargon, non-medicalised language in all areas of work
- To embrace every opportunity to work with people in a recovery focused way, supporting the community team by undertaking duties that would be a reasonable expectation of the role
- To use their own lived experience to support people with their recovery by only using aspects which are helpful or relevant to that person to give them hope to empower themselves to take opportunities and to take more control over their lives