**Activity 3: Social care professionals answers**

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| **Counsellor** |
| Works with individuals or families to support them to manage and overcome personal or psychological challenges. They offer a safe place to share emotions without judgement, enabling a person to work through why they feel or behave in a particular way. These can be privately paid for or provided by the local authority. |
| **Occupational therapist (OT)** |
| Supports people with physical, sensory and learning disabilities, or people experiencing episodes of mental ill health. An OT will assess a person’s living environment, assess risks and implement adaptations (e.g. a shower stool or handrail) or introduce equipment (e.g. a walking frame or a commode) for people who are unable to get upstairs. Some OTs are based in hospitals and others in rehabilitation centres. |
| **Community support and outreach worker** |
| This professional will visit people in the community in their homes or hostels, or outreach with people who are homeless. Physical needs are often provided for by informal carers, homecare or healthcare services, so the focus is often on emotional welfare and support to connect with others. |
| **Community therapist** |
| Mostly works with groups of people who gather at a given time and place where the therapist will be organising therapeutic activities to support socialising, emotional expression and well-being using a medium such as arts and crafts, music, drama or gardening. They may be volunteers, charity funded or provided by the local authority. |
| **Youth and community worker** |
| Organises and delivers an education programme for mainstream under-18s and under-24s with additional needs, outside of educational organisations. This is usually in an informal setting such as a community youth club, or summer activities in a play area. |
| **Rehabilitation worker** |
| Works with people who are working towards reducing dependency and support with strategies and tools to live as independently and safely as possible. They may need support for managing addictive behaviours or may be on a journey of recovery from a problem such as a brain injury. |
| **Advocate** |
| A person in a supportive role who is independent from any services. They listen to an individual’s needs, preferences and wishes and represent these when communicating with others, e.g. in meetings. Their responsibility is to ensure a person’s rights are maintained and to make clear the available options for support. Volunteers undertake training and focus on a specialist area, e.g. dementia. Training may be funded by a charity, or in some cases the advocate could be funded by the NHS, the local authority or an informal carer. |
| **Housing support officer** |
| Aims to resolve housing problems, giving advice and supporting applications to housing organisations. A housing support officer supports individuals to help them find the most suitable housing. There are housing officers provided by the state to support people who are eligible (means tested) and housing associations which are partially or fully funded. |