

Social Work at Kids Plus

The framework for Social Work practice is family centred and strengths based working within the therapy team to increase the wellbeing and resilience of the individual, family and community.

The Kids Plus Social Worker can provide you and your family with the following support:

- coordinating support/services and resources
- Accessing resources such as respite, Centrelink (Carers payments), housing, playgroup, social connections
- dealing with the emotional responses to life transitions
- navigating family relationships and dynamics, changes of roles
- dealing with grief and loss, adjustment to illness/disability and lifestyle changes
- developing positive behaviour support approaches
- supporting your family to be self-advocates or advocating on your behalf
- mediation and conflict resolution that may arise
- relaxation strategies including meditation and mindfulness
- skills training including managing stress, anger, guilt and developing parenting skills

The Kids Plus social worker works in collaboration with other members of the Kids Plus therapy team.