

Getting a Job

Looking for a job requires time, planning and patience. The best place to start is by thinking about the person: What do they like doing? What skills do they have? What are their strengths? Approaching employment should always be based around what the person is interested in as well as looking at ways to increase their skills in their interest area.

To get started, write your family member's name in the space below and answer the following questions.

My Family Member

What do they like doing?

What are their strengths?

What skills do they have?

How can their skills be developed?




What is their dream job?



What support might they need to achieve their dream job?



What can I do now to help my family member achieve their dream job?



Everyone is different. Your family member is unique and therefore finding the right job or voluntary work place should take into account their needs and what will work best for them.

Are they an early riser or do they need time to get going in the morning?

What flow of days would be ideal?

How many hours a day could they do?

What other commitments do they have?

These questions are a great starting point when it comes to thinking about what job will be a good match for your family member and what will be meaningful to them. Paid work can be hard to come by so don't rule out volunteering opportunities as a great starting point.



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