

RESIDENTIAL CARE SERVICES

Working with children, teens or adults in a home setting,
helping them to reach their goals

RESIDENTIAL COUNSELLOR
RESIDENTIAL CARE WORKER
COMMUNITY RESIDENTIAL WORKER
COMMUNITY SUPPORT WORKER



residential care services

Children, teens and adults who have physical, intellectual or mental health challenges often need assistance in their home environments. Residential counsellors provide a range of support in small option homes, in a person's own apartment or family home, in substance recovery centres or assisted living centres.

In most cases, you would be working with one to eight residents, who may have a disability or a drug addiction. Each person has very different needs. You would work individually and with a team of other staff, family members and professionals to ensure a resident's physical, mental and emotional well-being, while helping each attain his/her goals.



These are demanding positions, physically and emotionally. In a typical week, you might:

- develop a lifestyle/support plan for each resident
- co-ordinate educational, recreational and vocational activities
- help residents with shopping and meal preparation
- arrange medical appointments and transportation
- teach basic life skills
- coach, mentor and offer informal counselling
- complete required assessments, documentation and reports

You might also need to

- help a resident in and out of a bed or wheelchair
- help with a certain level of personal care
- work with residents and others to solve interpersonal problems
- deal with a resident who expresses frustration in an aggressive way

Respect for all, patience, active listening skills and an understanding that each person develops at a different pace are important requirements in providing residential care services. An upbeat personality and a sense of humour are key, as well as being a team player and having good organizational skills.

Casual, part-time and full-time positions are usually available.

You should be prepared to work nights, weekends, holidays and split shifts at times.

Approximate salary:

\$16 (casual) – \$22 per hour

Academic requirements:

High school diploma plus a recognized Child and Youth Care Worker diploma, Human Services diploma or equivalent. Sociology, psychology, mental health or other human services education would be helpful, along with experience working or volunteering with individuals who are physically or mentally challenged.

NS Department of Community Services training standards certification is required. Other certifications (eg food handling, WHMIS) are also required, along with computer literacy and report-writing skills.

Educational Programs offered in NS

Any of the following diploma programs would be good preparation for residential care services:

- Nova Scotia Community College: Human Services, eg. Child and Youth Care Worker, Disability Supports and Services, Social Services
- Success College: Child and Youth Care Worker, Counselling Skills
- Eastern College: Child and Youth Care Worker, Child and Youth Care with Addictions Support Worker
- Maritime Business College: Human Services Support Worker



Find out if residential care services may be right for you:

www.hcsc.ca/careers

