



Achieva: Direct Support Professional



Support Professional

A Direct Support Professional at Achieva provides direct care and personalized support to people with intellectual disabilities in a community setting ensuring their safety, welfare, and health.

The goals of this company are to aid people with intellectual disabilities into the community and to help clients reach their personal behavioral goals.

In almost every field we enter with a Psychology degree, we may interact with people who have intellectual disabilities. It is important to understand and be experienced in how to respect them and work with them.



Community Support

When taking clients out into the community, it is usually 3 hours a week.

The goal is to help people with intellectual disabilities get involved in their communities.

My first client valued routines. She had the same plan every day I picked her up which was exercise at the gym then salad for lunch.

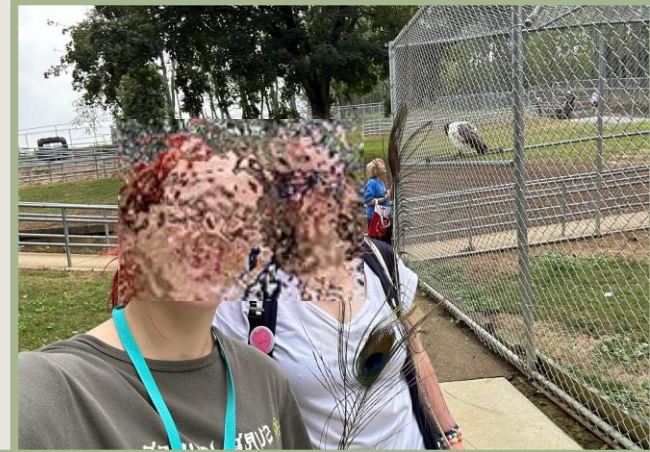


Community Support

My second client and I quickly became friends. She loved making beaded bracelets and she even made one for me! Even though she spelled my name wrong, I wore it every time we met.

We were given peacock feathers at the park and played rounds of checkers, in which she always beat me.

My client and I spent valuable time together getting to know each other and getting her outside and engaging with others.



Community Support

My second community client, had trouble with decision making. She didn't care where we went when in the community, she always had fun.

We usually went to South Park game reserve, mall walking at South Hills Village, or thrifting.

My client enjoyed talking to people at the park and watching the animals.



Community Support

The main goal of community support was to get clients into the community and interacting with others.

This can be hard for people with intellectual disabilities if they cannot access transportation or require supervision/assistance.

These pictures include the gardens that I took my second client to. Making sure my clients had a pleasant time while out was a valuable and rewarding experience.

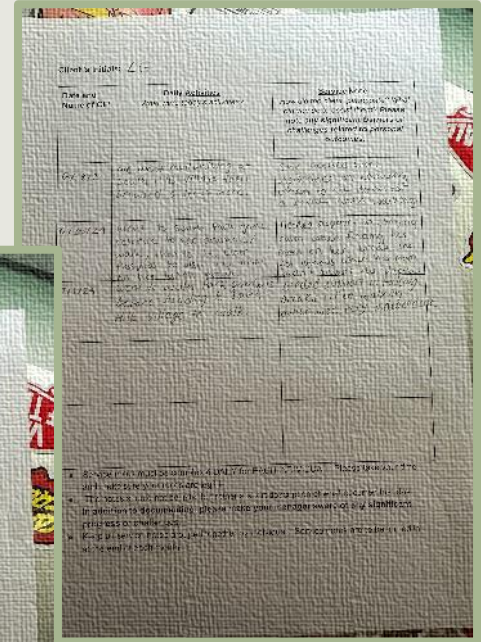
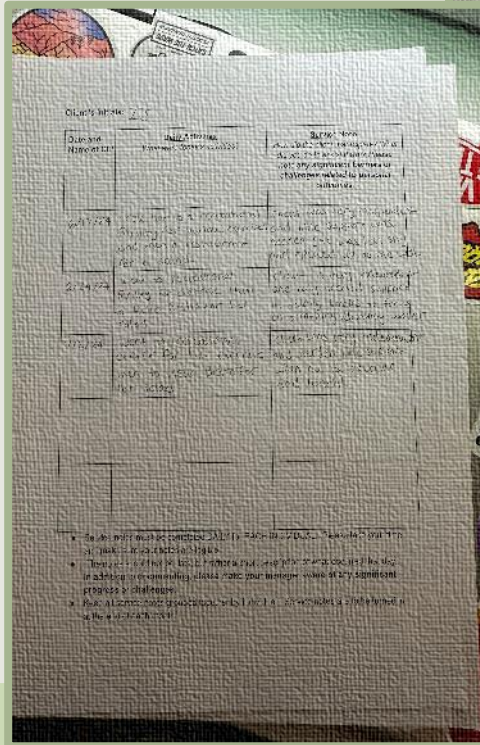


Community Support

While out in the community, I was always working with the girls to get closer to their behavioral goals.

These pictures include service notes for my clients which describe what we did that day and what issues they may have faced that day or in what way I was of assistance to them.

These were to be sent in to my supervisor after each day with my clients.



Group Home

The group home included different services compared to community support.

At the group home I clocked in as a companion. I was to cook meals, remind them of tasks, and help them improve their behavioral goals.

These pictures include some of the meals I prepared for the two men living at the group home. Keys are pictured as food restrictions were included in their goals to improve.

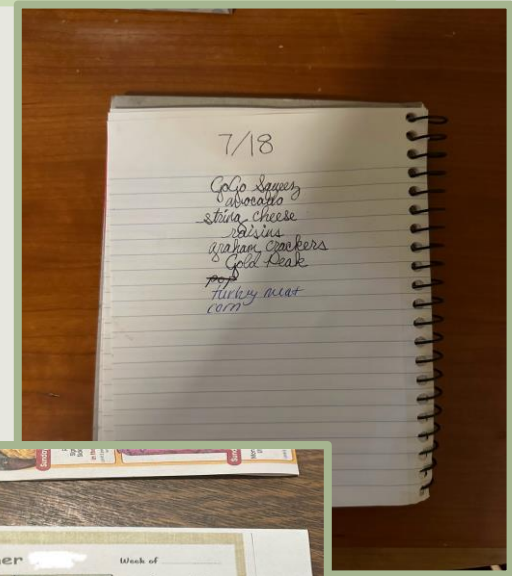


Group Home

The bottom picture is a meal planner that I used for both of the clients in the group home. I tracked the meals that I made them and snacks given.

On the right is their grocery list that we were in charge of. They ate the same foods consistently so it was easy to keep track of what we needed in the house.

My clients had trouble with dieting and needed assistance in maintaining it. These were ways we kept their goals on track.

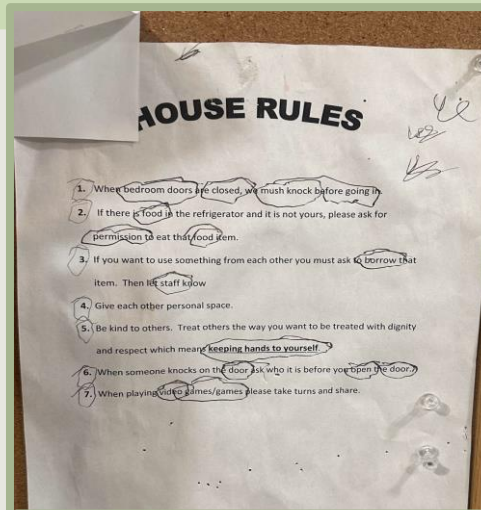


Group Home

On the right is a behavioral goal form. We were to fill these out when clients improved their behaviors and when they resorted back to bad behaviors

The house rules are pictured in the top left and these were general rules for the two clients and how they interacted with each others. This was a reminder for us to know when to intervene.

On the bottom left is a picture of the bulletin board with a lot of crucial information regarding care for my clients. It included their emergency contacts and other useful information.



19. Prosocial Interactions and Communication Goal
When in the presence of others or in social settings, interpersonal skills should be used to interact in a way that supports the maintenance of positive relationships and promotes a positive social environment. The goal is to ensure that the client is able to interact with others in a way that is respectful and appropriate. The goal is to ensure that the client is able to interact with others in a way that is respectful and appropriate.

They/Talks/What happened/has presented before the behavior?	Replacement Behavior Used	Target Behavior Engaged in	Additional Notes
<input type="checkbox"/> Said interaction <input type="checkbox"/> Focus of interest <input type="checkbox"/> Reciprocity/turn taking of boundaries or personal comm.	<input type="checkbox"/> Appropriate social interaction <input type="checkbox"/> Maintained focus <input type="checkbox"/> Positive posture or boundaries and social about others	<input type="checkbox"/> Engaged in social about to someone <input type="checkbox"/> Looked on who he was interacting with/interacted with <input type="checkbox"/> Shared/engaged in <input type="checkbox"/> Verbal aggression Refused to communicate	
<input type="checkbox"/> Social interaction <input type="checkbox"/> Focus of interest <input type="checkbox"/> Reciprocity/turn taking of boundaries or personal comm.	<input type="checkbox"/> Appropriate social interaction <input type="checkbox"/> Maintained focus <input type="checkbox"/> Positive posture or boundaries and social about others	<input type="checkbox"/> Engaged in social about to someone <input type="checkbox"/> Looked on who he was interacting with/interacted with <input type="checkbox"/> Shared/engaged in <input type="checkbox"/> Verbal aggression Refused to communicate	
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Overall Experience

There were many ups and downs when working in this field. I learned a variety of skills including CPR, the Heimlich maneuver, de-escalation, and managing behavior. I learned in many ways: training videos, quizzes, and first-hand interactions.

Some parts of this experience were uncomfortable. It all depends on what behaviors I was trying to work on for certain clients. Overall, I learned a lot about people with intellectual disabilities and how to provide care appropriately and it was a very rewarding experience.

