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Rise Family Services Summary Paper

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For my field experience, I was hired as a Direct Support Professional at Rise Family Services. Rise is an organization determined to help give care to individuals with cognitive and physical impairments. I was paired with one client that I worked closely with about four times a week, though for a portion of the semester I was only working two days a week. I got hired through the company of Rise, but I went directly to my client's house to work, and usually only had the opportunity to communicate with my supervisor at Rise via email.

A typical day at my Rise started with me going to my client's house and getting the plan for the day from her mom. Different families do things differently at Rise, but my client's mom typically had a loose plan of what our day would look like. For confidentiality purposes, I cannot share my client's diagnoses, but I can share some of the type of support I gave her. My client needed some assistance with motor functioning, so when she was anywhere unfamiliar to her she needed help walking. One thing I did with her pretty consistently was take her to the gym where I would provide assistance as she used the equipment. At first I was a little nervous about helping someone with physical movement. I was worried that I wouldn't be doing a hold correctly, or that my client would trip and fall and that I would feel as though it was my fault. However, after working with my client for just a few days, all of those fears went away. The more time I spent with my client and got to know her as a person, all of the help she needed ended up coming really naturally.

I also helped my client with communication skills during my time at Rise. She had some speech exercises that we would work on together, and we would sometimes play Bananagrams to work on spelling and identifying words. Another big thing I learned about were "Activities of Daily Living", or ADL's. During my training, ADL's were talking about all the time. These are things like hygiene practices, physical movement, communication skills, cooking, and any other

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skill that people use in everyday life. I had to fill out progress notes at the end of every shift and I would often talk about the ADL's I did with my client. Progress notes were really helpful to me in this process, because one of my goals was to learn how to best document physical, psychological, and social growth, and I got to practice that multiple times a week. It was really significant for me to have to put into words what I was doing to help my client, because it helped me think about what I could be doing better to encourage my client's growth in a variety of areas.

The courses I have taken during my time at George Fox influenced a lot of what I did and the way that I thought about things during my field experience. I took Counseling last year, and learned so much about how to genuinely listen to and support a client, and that class formed a lot of the way I approached communication with my client. I also took a Biological Psychology course last semester, and having that course in my back pocket was helpful in understanding my client's diagnoses, and therefore being able to offer the best support I could.

I'm continuing work with my client into the summer, and am thankful to have the connections and experience I have gained from Rise. I have really enjoyed working as a Direct Support Professional, and could see myself doing it again in the future, but I don't think I would have it as a long term career. Really the only complaint I have about this job is that I didn't really have coworkers, or a group of people that I got to interact with at work. I really loved the one on one work I got to do with my client, but I thrive on relationships and connection and it would be tough for me to be in a job long term that can sometimes feel isolating. That being said, I know there are similar jobs that are sometimes done on site somewhere, and I think I could do a job like that long term, where I would be working with other people and with multiple client's. I hadn't thought much about the world of one on one caregiving before working at Rise, and I am

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so thankful to have stumbled upon this job. There's something really humbling about serving in this capacity, getting to help someone with their daily needs was really filling to my soul, and I think it's safe to say that being a Direct Support Professional could be good for everyone to do once in their life.

Overall, my experience working at Rise was an extremely positive one. I turned out to be a really good fit for my client, and that made going to work a lot of fun every day. I feel thankful to have been hired at a place that consistently aims to help people who are in need of service. Typically, when I think about the type of work I want to do in the field, I think about work with people who have behavioral disorders, but it was really good for me to have my views expanded, and to remember that people are in need of all kinds of support, not just behavioral. My client always has a positive attitude, and she does so many community oriented activities, and that has encouraged me this semester to be wholly invested in the community I'm a part of. I have learned a lot from my client, and that was a lovely little surprise in my field experience work.