



Hear from some of our existing team members about what it's like to work at STEPS as a **Rehabilitation Assistant**



Molly

Meet Molly and Lucy, two of our Rehabilitation Assistants at STEPS. They both joined us in July 2024.

(1) Did you have any experience working in care before STEPS:

M: "I did not have any experience of working in care before starting at STEPS."

L: "I had only worked in office jobs."

(2) What attracted you to your role at STEPS?

M: "I was attracted to the role because of the chance to work as part of a big interdisciplinary team and be able to work alongside staff with lots of experience in an area I was not very familiar with. The role also felt like a good way into a career path in psychology which I am interested in."



Lucy



L: *"I wanted a career change, something not at a desk and was interested in learning more about rehabilitation. I called STEPS and they suggested I apply for an RA role as a way to learn more about different areas of rehabilitation. I also looked at the STEPS website and reading about their values and aims as organisation, what they could offer to people with life changing injuries, the case studies of past clients, was very impressive. STEPS came across as somewhere that excelled in its area and really made a difference so that was very attractive in terms of wanting to work here - both in terms of wanting to be in a fulfilling role, and as a chance to learn more."*

(3) How have you found your time so far?

M: *"I've found my time at STEPS enjoyable despite it being quite a*

fast paced and sometimes unpredictable role. All the staff are very welcoming and look out for each other and I always get along well with whoever I work with."

L: *"I have really enjoyed working at STEPS so far. It's a very welcoming and supportive environment. I have learnt a lot and love being part of the RA team."*

(4) What advice would you give to someone thinking of joining STEPS as a Rehabilitation Assistant?

M: *"I would advise someone thinking of taking the role to ask lots of questions and don't be afraid to ask the same thing a few times as it can feel like a lot of information to take in to start with. I would advise talking to staff about how working with the clients makes you feel especially if you haven't worked with people with life changing injuries before because I think it can feel overwhelming sometimes but this is okay and should be recognised. The main thing I would advise is to be confident in yourself and know that you are constantly making progress every day even if it feels slower than you expect."*

L: *"If you would like work in a role where you feel like you're making a positive difference, working closely with a variety of people, working at STEPS would be a good fit."*

(5) What can they expect from day-to-day?

M: "It's hard to answer what to expect day to day and it can vary quite a bit depending on the client's needs. I would say to expect to deal with a mix of clients throughout the day ranging from independent to completely dependent. The role involves a lot of personal care particularly during the mornings and helping people get ready for the day and support them to attend sessions. You spend a lot of time with clients and get to know their personalities and any challenging behaviours they present with."



If you'd like to know more about the role of a Rehabilitation Assistant we are holding two open events in April, please click [here](#) to register your interest.

Please note that there are limited spaces available and we will only be able to accept those who have registered in advance.