



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



**Meet Molly, one of our Rehabilitation Assistants at STEPS. She joined us in July 2024.**

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

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

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

*"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."*

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

*"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."*

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

*"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.*

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

*"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.