



**A SUPPORT WORKER SHOULD ALWAYS BE A FRIEND YOU CAN
DEPEND ON**

Relationship dependency seems to be thrown around the disability sector with a negative association.

This is something close to my heart and something some people view differently than I. I hear of organisations intentionally shifting staff around to try to avoid 'relationship dependency' with support staff.

I believe we, as humans, are all relationship dependent in one way or another. It's what makes us human. Even more so when we can't freely express ourselves. In my eyes, trying to remove relationship dependency in someone's life is cruel.

I understand it can be hard when that person we are depending on may not be available at times and the importance of finding compatibility with others and sharing resources.

Unfortunately, people will always come and go in our lives. Sometimes our dependants won't be available, and we just need to do our best to get through the day/period and seek support from others. And that's ok. I'd rather not have someone I can depend on at all.

If I'm supporting someone my focus is on creating a friendship and ensuring they know they can depend on me.

I am also dependent on the participants I support each day and love every minute spent forming stronger friendships.

I'm my eyes, I don't see 'relationship dependency' as a bad thing. Life is about relationships, and they should always be cherished regardless of abilities.

A support worker should always be a friend you can depend on. Everyone wants to be able to choose and wear clothes that are comfortable and to their own personal taste. This can be difficult for you if you have a disability.

