

## Family Mentor Job Description (Volunteer)

### Summary

A family mentor is a person who has knowledge from their own lived experience of living with or caring for a child with a disability.

It is the family mentor's role to help create and maintain 'Circles of Support' which will provide peer led hands on support in two focus areas:

1. Village Connections – group providing an opportunity to increase social engagement and build peer networks targeting Aboriginal and Torres Strait Islander people, CALD and young parents who wither have a disability themselves or are caring for a child with a disability
2. Children's Play Sessions – targeting young children with a disability, family mentors will build capacity in existing groups to support children with disability.

The circle of support – Family Mentor's will wrap around families increasing their capacity and build local peer networks reducing isolation and improving mental health.

### Responsibilities

- Begin from an asset perspective, identifying gifts, capacities, interests, and aspects of people that will encourage relationship building
- Support parent/caregiver and or child by providing practical, social, and emotional support
- Support to increase social participation go child and family reducing social isolation

### Requirements

- Attend weekly 'Village Connections' group and 'Play Sessions' building trusting relationships with parents/caregivers and children
- Support the development of friendship and social connections
- Maintaining and scheduling 'In Home Support' visits with families (if required), track and document families progress
- Develop an action plan together with participants to identify goals and aspirations

Supported by



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