

GENTLE SENSORY

Psychosocial Recovery Coaching

What is a Psychosocial Recovery Coach?

A psychosocial recovery coach helps people with mental health conditions or psychosocial disabilities live more independently and meaningfully. They work with individuals 9 years plus to plan a path to resilience and access supports that can help them on their journey.

Key Responsibilities of a Psychosocial Recovery Coach:

- Supporting individuals over the age of 9 years
- Assistance in applying for NDIS funding if needed
- Work to help clients make and achieve their goals
- Help them to understand their needs and find targeted support
- Provides coaching to help build resilience and capacity
- Assistance with plan management instead of an NDIS support coordinator
- Engage with clients and their key supports to ensure continuity, collaboration and alignment with their goals
- Be an accountable person for feedback, support and changes in circumstances

Benefits of a Psychosocial Recovery Coach:

- Continuity of care during your journey
- A hands-on approach to building your plan and working with you to maximise your growth
- Personalised plan management with one point of contact
- Personalised assistance with navigating support systems
- Advocacy in all areas of your recovery
- Better resilience and coping opportunities
- Working with an individual with lived experience and qualifications in Evidence Based Practices

What to Expect?

Stage 1: Initial Intake/ Assessment

- Completion of an assessment for NDIS eligibility (if required) and eligibility for psychosocial recovery coach support
- Assessment of current supports and requirements
- Understanding the process of a recovery plan
- Identifying areas currently needing extra support

Stage 2: Development of NDIS plan

- The psychosocial recovery coach collates information on current supports and reports from current services (if applicable)
- Works with the client to analyse current NDIS goals or build NDIS goals
- Industry consultants review the therapeutic support plan for professional endorsement.
- Identification of client needs and assessment of whether current plan aligns with these needs

Stage 3: Continued Engagement

- Regular check-ins to ensure that current supports are working
- Assistance with engaging with supports
- Available for advocacy and attendance to supports
- Continued identification of changing needs or requirements

What Makes Gentle Sensory's Program Different?

We understand that navigating the NDIS and managing a psychosocial disability can be overwhelming. Our commitment to evidence-based practices and ongoing research ensures that we can offer you the best possible support, always personalised to your unique and changing needs. Our understanding of psychosocial disabilities means Gentle Sensory is compassionate to all individuals and strive for inclusion.