

# Top Tips for Social Workers

By East Lothian Champions Board



A good social worker is: someone who is reliable and punctual. Someone who is honest, upfront and will keep their word. Someone who is willing to make a connection, willing to take the time to make a relationship and willing to go the extra mile. Someone who treats us with respect and not like a child. Someone who won't misuse our words. Someone who won't judge us. Someone who keeps us updated about hearings, family progress and someone who tells us about our care plan from the start.

Involving us in our care plan: Tell us in one of our first meetings we will have a care plan. Explain truthfully what the exact purpose of it is and who is involved in making it. Explain it is there to keep us safe. Make sure we know our plan can change and always keep us updated when changes happen. Explain what the changes mean. Let us have our say about what is included in our plan. Let us choose who sees our plan. Make sure we always have a copy of our plan, don't just assume we have.



This document was made by the care experienced young people of East Lothian Champions Board - all tips included come directly from the young people.



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1

First meeting: Don't be so upfront. Thinking about timings - it shouldn't be rushed. Do something **WE** chose. Have an **HONEST** conversation with us. Don't be too serious, listen to what we have to say and be understanding. Give us the option to bring someone with us, let us chose where we go. Don't take us out of school - it's embarrassing. Find out about us before you meet us, look past the paper reports. Ask us about our hobbies and interests. Find out our aspirations. Tell us about you and things you enjoy. Don't make any promises you can't keep or make happen.

2

When something happens e.g. a placement move: Be patient with us and thoroughly explain what has happened. If something is confidential - tell us that. Don't overload us with information in one meeting. Break down meetings and take the time to discuss everything properly. Allow us to remain involved in our care plan - this includes updating and reviewing our plan. Make sure I understand everything clearly. Double check and explain again to be sure. Send us a copy and let us decide if we are happy with changes in our plan before everyone else sees it.

3

Ending a relationship: Let us know as far in advance as possible. Explain truthfully reasons for leaving/not being our worker anymore if being moved to another team. Take us out to do something nice and say goodbye. E.g. go for food or plan something we both enjoy. Give us something to remember you by. Ask us how I would like to meet our new worker. Arrange a meeting between old worker, new worker and us. Enhanced transitions - needs to be a smooth process.



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