

AOD Peer Worker Support Plan

Name:

Date:

AOD peer work can be a difficult role particularly when working alongside people experiencing their own challenges (sometimes ones that we have been through ourselves). It is important to spend some time thinking about the challenges you might face in the workplace so that you and your employer can consider how to best manage these together.

Situations/Scenarios

Are there any scenarios or situations that might be a challenge in the workplace?

Reasonable adjustments

What are some adjustments in the workplace that you might need to sustain your best performance?

Early indicators

What are some of the signs that you might be struggling or experiencing challenges?

Best contacts

Who is your best contact if we need to get some urgent support for you?

Name	Relationship	Best contact details	When to contact

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Self-care strategies

These self-care strategies can be related to your physical, mental, emotional, social, or spiritual wellbeing or anything else that works for you.

What are some things you do to look after yourself now?

What are some strategies you want to try in the future?

Workplace supports

This is about identifying the supports within your workplace that you can access.

What supports do you already engage with?

What are some supports you want to find out about in the future?

Peer networks

These are your opportunities to gather and reflect with other peer workers.

What peer networks do you already engage in?

What peer networks would you like to try in the future?