

# More than just a Buddy: Implementation of a peer-support program in a private community neurorehabilitation service



## INTRODUCTION

- Exit interview feedback revealed gap in support - adjustment to lone working and private practice
- Buddy Program introduced – new staff matched with clinician from different discipline
- Up to 12 hours per year of paid buddy support offered
- Buddy support occurred face-to-face in an informal setting
- Effectiveness of the Buddy Program evaluated through a focus group

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## 3 KEY THEMES

The Buddy Program is ***flexible*** to my needs

The Buddy Program ***compliments my clinical supervision***

The Buddy Program supports my ***wellbeing*** in the workplace

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## SIGNIFICANCE TO ALLIED HEALTH

### Peer support programs can:

- Be successfully introduced in private community rehabilitation settings
- Help clinicians develop healthy and sustainable work practices
- Foster interdisciplinary connection
- Reduce the risk of staff burnout
- Impact positively on staff satisfaction and retention

*These benefits extend to clients who receive care continuity and quality care because their clinicians are prioritising self-care at work*