

Direct Support Professional Position Job Preview



Example of a Typical DSP Shift

“My day starts at 4:00 p.m. The first thing I do is read documentation to see what everyone’s day has been like and if there is any information I need to know going into my shift. When residents return home from work or their day program, I greet them and ask them how their day was. This is also when I find out who needs assistance with afternoon snacks, hygiene, and dinner. This helps us plan out the afternoon for residents that may be going shopping or have medical appointments. By then, the day’s tasks are mapped out between my teammates and me. Then it is time to assist residents with their skills and medications.

Once everyone has had their evening meal, I will start assisting (those who need it) with their daily hygiene if not done earlier in the day (showering/bathing, shaving, toileting, etc.). I will also assist some residents with laundry & cleaning their bedrooms to improve their cleaning skills. When I assist residents with skills, I take advantage of opportunities to teach them about healthy choices and take this opportunity to connect with them.

As residents settle in for the night, I start my daily documentation for the next shift and document throughout my shift. This is usually about the time that some residents receive their evening medications. I take time to talk with residents as they wait for medications to ensure that no conflicts or problems arise, as this can be a hectic time (and practicing our patience can be hard). Once residents have received their medications, I will go around and assist them with their nighttime routine if needed, like brushing their teeth, getting ready for bed, etc. Once everyone has been helped, I will go back and finish up any documentation that is left. Should anybody come to the office needing assistance, I will assist them the best I can.” -J.Hunter

DSP Testimonials

“Working at Summer House definitely solidified my desire to do the type of work I do. I truly loved my time with the residents and all that I learned from them.” -Brittany Terry.

Brittany is now a licensed Marriage and Family Therapist working for the Sacramento County Office of Education in their new School Based Mental Health and Wellness program.

“You are such a big part of my journey to my career in social work.” -Monica Caldwell. Monica is now a Social Worker for children and families in the Sacramento area. She helps families receive needed services and also to connects them to community resources and supports.

Working at Summer House had such an impact on me and I will forever cherish my experience working with all of the residents during my time there.” -Lizabeth Ramirez-Lozover. Lizabeth is now a Director of our Housing for Health program for a Homeless Health Care in Los Angeles.

Pros & Cons of DSP

Position

Pros

Team Environment

Hands on Experience in Social Service Field

Positive Work Environment

Rewarding

Cons

Schedule-Less flexibility than other jobs

Some clients don’t want your support

Set State Rate of Pay

Can be very physical & hands on at times

Summer House Benefits

-Sick & Vacation Benefits

-Holiday Pay

-Paid Trainings

-Great Health Benefits