

## Staff Meeting Minutes - 1.25

Present: Breony, Nikki, Sebastien, Mike, Lane, Rachel, Courtney, Eirene, Astrid

Introductions – How do you like to spend your free time

How to Expand Social Networks

### Challenges

- People not wanting to change what they are doing or to meet new people
  - How can we work with individuals who are not open to trying new things or meeting new people?
    - Open Future Learning videos about Social Networking and friends.
      - Recognize that people have different needs and might have things that are not being expressed, and respect when they say no
      - Some people are good with only having one or two good friends.
    - Ask what they want and feel comfortable with
      - Give people whatever time they need, if they are feeling hesitant or unsure about joining in social activities
    - Offer opportunities
    - There needs to be a trusting relationship before we can encourage them step outside of their comfort zones.

### Successes

This is the individual's choice. We don't want to push them into something they are not wanting or

Coordinate schedules with other workers?

- Staff to send Nikki and Eirene their weekly schedule

Can have up to 3 people in a vehicle, but recommend that everyone mask if this is the case.

2:1 if you're on your own

3:1 if there are more than one staff