

TESS RIORDAN

TRAINEESHIP, DISABILITY SERVICES, INTERCHANGE

Why did you chose to do a gap year traineeship? I chose a gap year traineeship, as I wanted to work in a field that interested me, and therefore be able to determine if it was something I wanted to pursue further education in, or not.

What is your traineeship like? I work at Interchange, which is a program within Upper Murray Family Care (UMFC). In my role I work mostly with children and young adults with disabilities, providing after school care, individual support to clients and also performing administration tasks such as compiling statistics and documenting intake processes. Although I have learnt many valuable lessons this year, one that I feel holds great value to me is the importance of self-evaluation and looking at how I can improve the way I support others, and how I perform in my role. I have also become considerably more patient since taking this job, and have learnt how important it is to take initiative and think on your feet.

Highlights from this year so far? I have enjoyed meeting many fantastic children and young adults, and being able to support them in achieving goals and just simply getting to know them.

