

PERSON PROFILE

CHARACTERISTICS FOR THE BASIL SW ROLE

The BASIL intervention is designed to be delivered by a variety of people from a wide range of professional backgrounds and health and social care settings.

Listed below are a set of **desirable characteristics**.



BASIL
Behavioural Activation
in Social Isolation

ESSENTIAL

The only essential characteristic is **a desire and enthusiasm to support older adults to manage their wellbeing during the COVID-19 pandemic.**

You will also need to be able to offer some flexibility around the days and times you can offer telephone sessions to participants, within normal working hours.

Availability to attend a training course, which is run over three days (22 hours) is also necessary. Our training programme uses a 'flipped-classroom' model, where materials (e.g. recorded presentations, role-play of sessions, BASIL Support Worker manual) are accessed during the first part of the day before a two-hour video conference in the afternoon in which trainee BASIL Support Workers participate in observed skills practice with expert feedback.

Following training, BASIL Support Workers will be expected to deliver a practice session over the telephone prior to delivering the intervention with study participants. BASIL Support Workers will be provided with regular supervision by a clinical member of the BASIL team.

BACKGROUND AND EXPERIENCE (DESIRABLE BUT NOT ESSENTIAL)

- Worked with older adults in some way or have experience of supporting them, either formally or informally.
- Experience of working as part of a team.
- Liaised with health professionals and other agencies to ensure that appropriate care and opportunities are offered to those you are supporting.
- Supported someone to manage a long term health condition or a common mental health problem such as depression or anxiety, or have personal experience of managing such a condition.

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CHARACTERISTICS FOR THE BASIL SW ROLE



SKILLS AND COMPETENCIES (DESIRABLE BUT NOT ESSENTIAL)

- A high level of enthusiasm and motivation, particularly regarding helping and supporting others.
- Good communication skills including an active listening style and an open non-judgemental attitude.
- The ability to enter into collaborative problem solving.
- An ability to form a close working relationship with someone on a one to one basis, whilst preserving professional boundaries.
- The ability to display creativity, diplomacy and empathy.
- A regard for others and respect for their individual rights of autonomy and confidentiality.
- An ability to work within a team and foster good working relationships with people from a variety of backgrounds.
- Confidence communicating with other health professionals.
- The ability to follow a protocol and study procedures.
- Understanding of principles of confidentiality, risk assessment and safeguarding.
- Basic understanding of use of telephone/digital platforms for communication.

KNOWLEDGE (DESIRABLE BUT NOT ESSENTIAL AND TRAINING WILL BE GIVEN ON THE FIRST TWO POINTS)

- Basic knowledge of common long-term health conditions and/or common mental health problems.
- Knowledge of problems which may affect older adults (e.g. loneliness, social and digital exclusion).
- Knowledge of the principles of diversity, equality and inclusion.