

This is a summary of a research article. It tells you how people with disability and support workers prevent everyday harm in their work together. Preventing everyday harm is about doing something before harm happens.

What is everyday harm?

Everyday harm is the negative impact on a person when someone does or does not do something. Everyday harm can include things like ignoring another person, talking badly about them behind their back, or not acting on their choices. There are many other examples.

People with disability sometimes experience everyday harm in their work with support workers. People with disability, support workers and disability support organisations can take action to **prevent** everyday harm from happening in the future.

How did we do the research?

To learn more about preventing everyday harm, we talked to people with disability and their support workers. We asked them about how they prevent everyday harm in their work together. We listened to their experiences.

What did we find?

Preventing harm is about learning from the past to stop harm from happening again. In our research the people who tried to prevent everyday harm were people with disability, support workers, organisations, families, and friends.

They prevented harm in four ways:

1. They created safe spaces

People with disability and support workers worked together to build trust in their relationship. Open communication helped them get to know each other. People

with disability shared how they wanted to work together, their choices, and their concerns. Support workers learned to better understand what made them feel safe.

2. They expressed their views

Communication can happen in lots of different ways. This means it is important to learn about how people express themselves. It is important that if people need it, they can get help to express themselves from someone they trust.

3. They listened and learnt

Listening helped to solve problems and prevent everyday harm. Good listening meant paying attention to the things people said and the things they did. Support workers and organisations learnt from what people told them to stop harm from happening.

4. They took action

People with disability and support workers got help from others to stop everyday harm and help repair it when it happened. Some people got help from their family, friends, professionals, like a psychologist, or another person in the support organisation. People with disability also took action by speaking up for their rights. Some people joined a group to tell organisations about how to do things so that harm happens less.

What is important to learn from this research?

Everyday harm can happen between people with disability and support workers, so it is important to work together to prevent it. Lots of people can help prevent everyday harm: family, friends, support workers and professionals. Organisations can help prevent everyday harm by having clear rules, so people know what to do to prevent everyday harm.

In other research articles, we focus on what everyday harm is and the steps to address it when it happens.

Want to read more? You can find the full research article here [\[LINK\]](#)

Full article to be linked here following publication.