



Google

Welcome
Remote supervision
in social care and health

Welcome and housekeeping

- Please focus and be present
- Please mute your microphone when you are not speaking
- Invitation to use your cameras
- Bear with each other if technical problems!
- Participate as much as you can
 - use the chat box for questions and comments
 - raise your hand
- Session length: 1 hour
- Anything else?

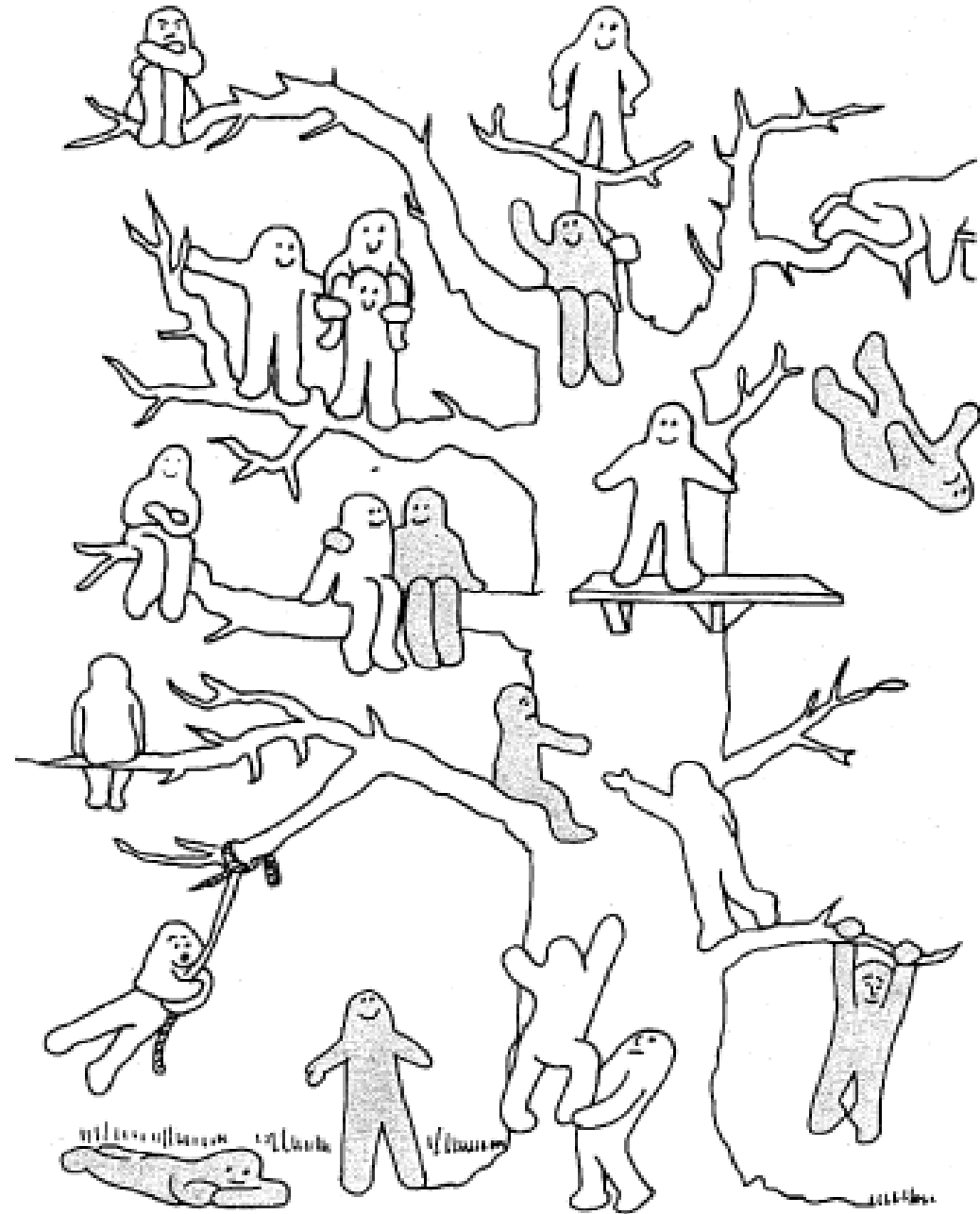


Session outline

- 'Remote' supervision – the current context
- What are the challenges?
- Best practice and what helps?
- How can we support others and look after ourselves?
- What can we learn from each other?
- Resources

Introductions

How are you?



Disclaimer:
Tool developed before social distancing



- What do we mean by supervision?
- Are there differences across health and social care?
- Why is supervision important?
- And particularly now?

Supervision in the current context a quick bit of social care theory ...

4x4x4 Model of Supervision

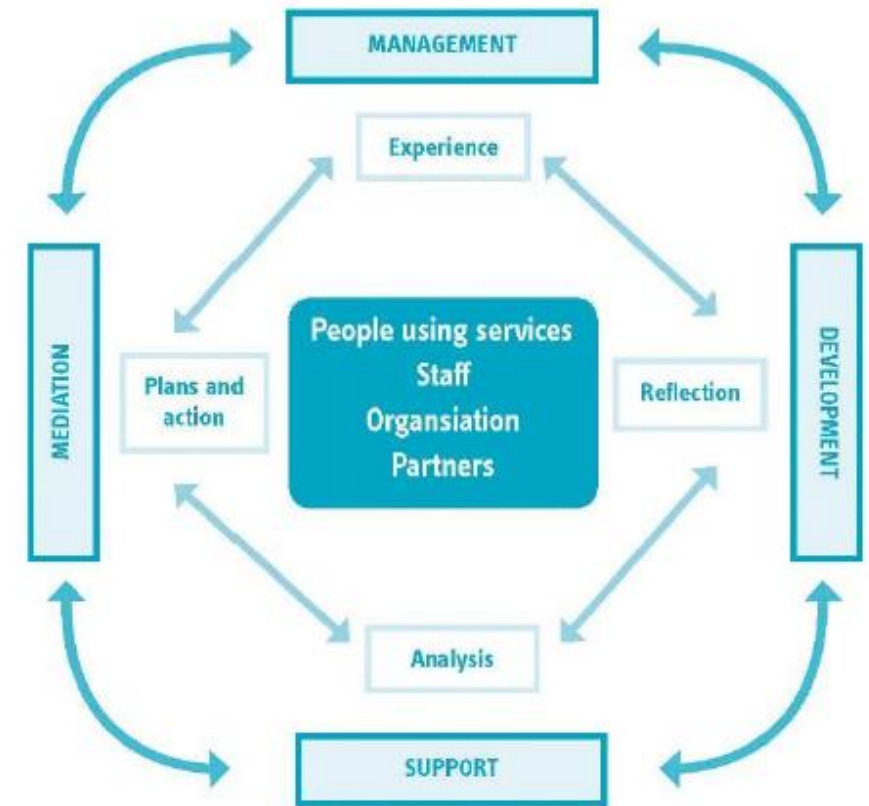
4 functions of supervision

Support

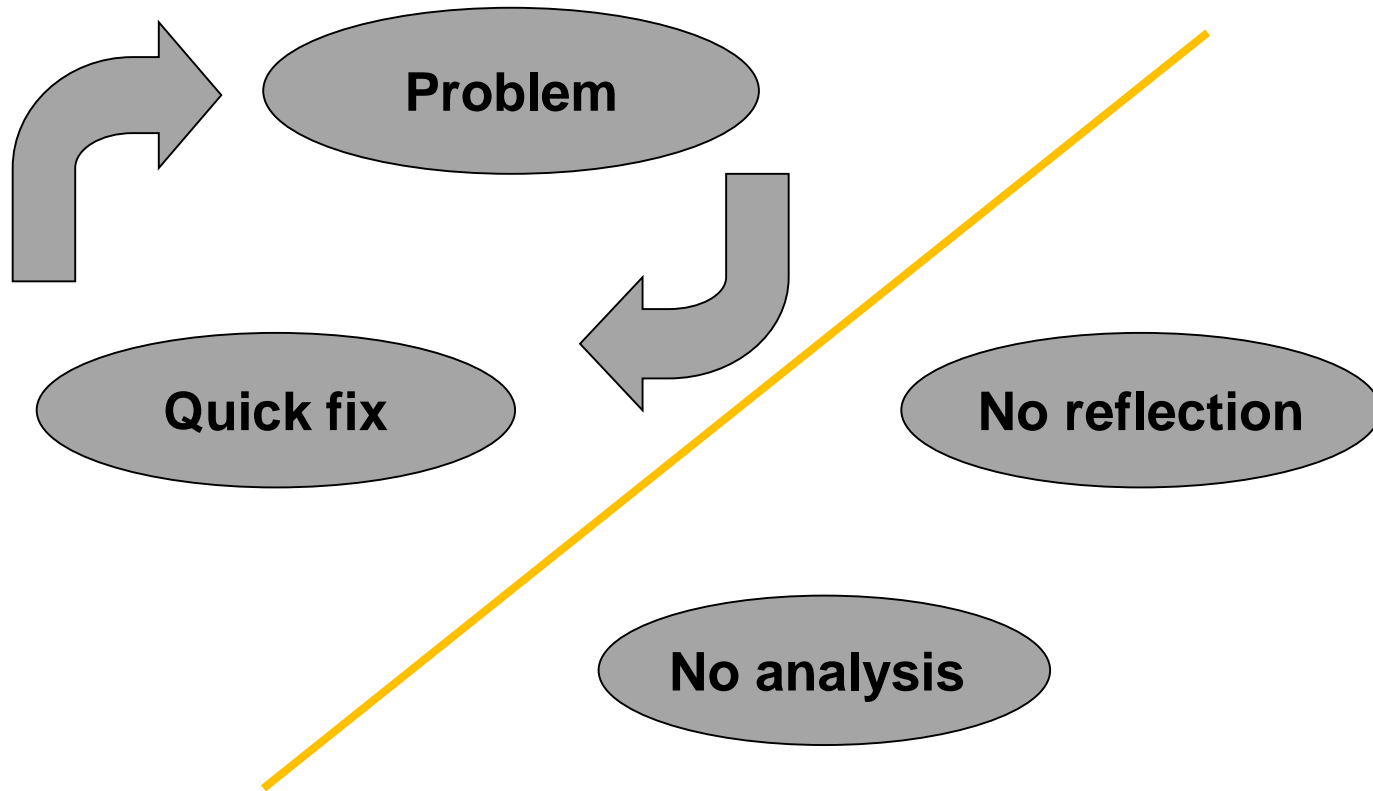
Management

Development

Mediation



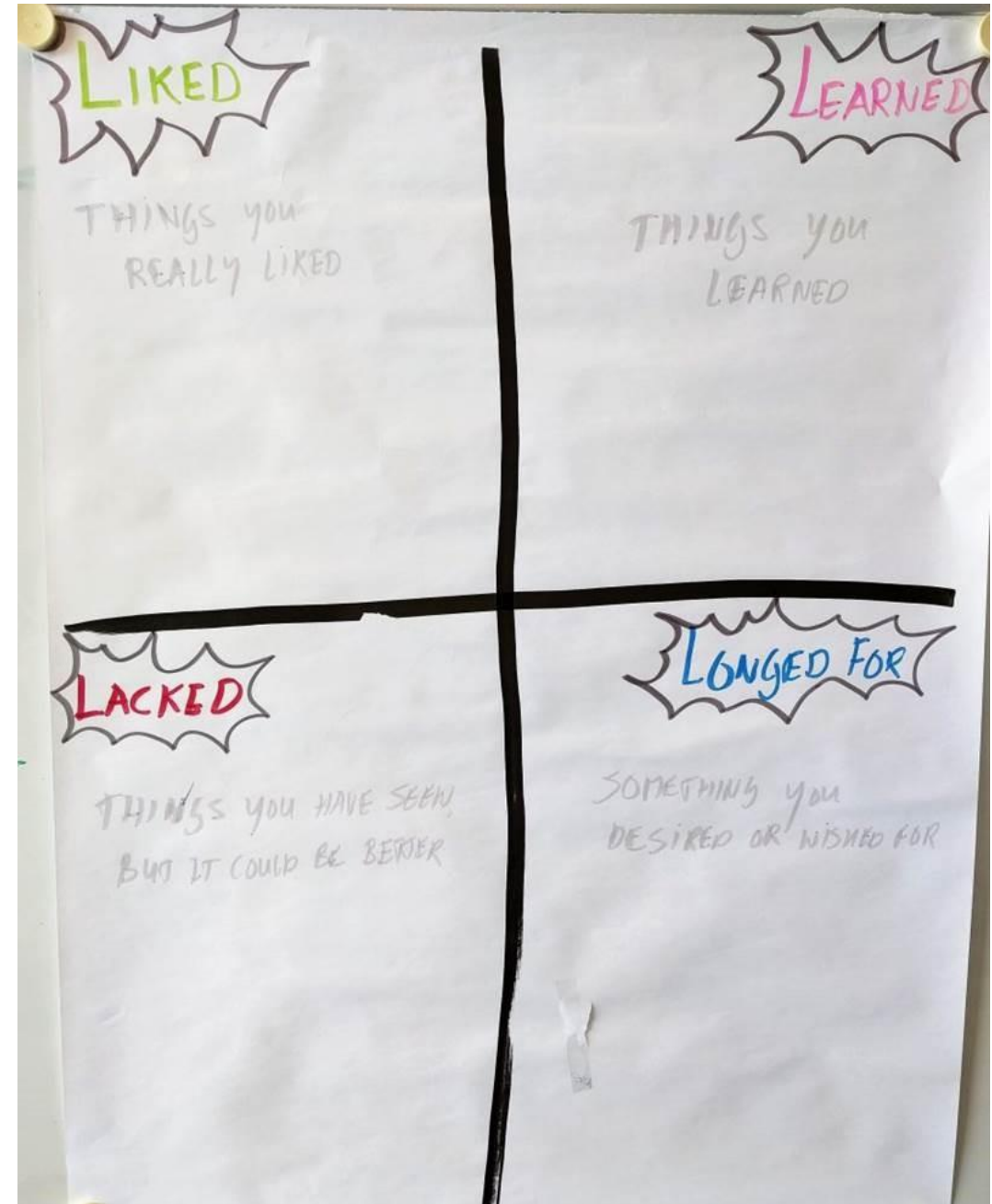
Beware the short circuit!



“A key challenge in the new conditions of home working, where a great deal of practice is being done virtually through telephone and video calls, is how to create ‘prep time’ and transitional spaces for thinking”
(Ferguson, 2020)

'Remote' supervision

- What is different?
- What is the biggest challenge?
- What is working?



'Remote' supervision: what helps?

- Acknowledge that it is different! Give permission and be clear about expectations. Set the tone.
- Practicalities and duration
- Be prepared!
- Have a structure, prioritise and record
- Individual responses – stay attuned, 'check in', don't assume
- A space for learning

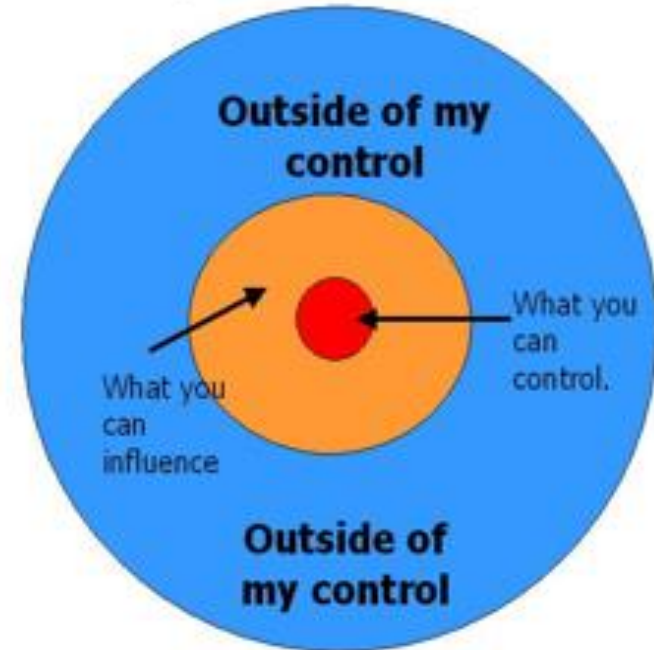
Promoting resilience and the importance of self care: what helps?

- Thinking about well-being and supporting resilience: for supervisors and supervisees
- Take breaks / take leave
- Establish new routines and rituals
- Exit lists / lists of achievements
- Use tools and tips – in and outside of supervision
- Informal life of the team
- Group support

My 'A Team'

What	Who
Someone I can always rely on	
Someone I enjoy chatting to	
Someone who makes me feel valued	
Someone who can give me honest feedback	
Someone who is a valuable source of information	
Someone who challenges me	
Someone I can share bad news with	
Someone I can share good news with	

Dartboard of control



Over to you ...



Examples of what is working well in supervision?

What else might help?

What issues are coming up?



[Research in Practice](#) has a wealth of supervision and Covid-19 resources which are constantly being updated

[Remote supervision – Research in Practice blog](#)

[Podcast – Virtual Supervision: a Supervisor’s perspective](#)

Learn on the Go podcast [Remote supervision during the pandemic](#)

[Dartboard of control/supervision in times of change tool](#)

[Article about remote psychotherapy but applicable to supervision](#)

[Article on coping with fatigue, fear and panic during a pandemic](#)

[Covid 19 Guidance for Support and Well-being of Adult Social Care Professionals](#)

BABCP [Guidance for the delivery of remote supervision](#)