

# What would you tell your 1 week self in your Community Recovery role?

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*The rollercoaster ride of recovery is a journey that has its ups and downs and regularly throws curve balls.*

*Establish communication networks as solidly and quickly as possible.*

*People have different reactions and rates of recovery and variable factors influence people's recovery.*

*Find an efficient way to record and report data and information. Use data to embed staff into Council.*

*Each LGA is different with different needs and issues.*

*Bring people and community together.*

*Sometimes the most important thing is connecting and listening rather than doing*

*Don't forget who this is about: people who have been affected to different degrees by the disaster. It is easy to get caught up and lose track of who we are supposed to help.*

*Recovery of individuals, families and communities will be beyond funded programs and political cycles*

*The recovery process is LONG*

*Pace: initially there is intensity and urgency of other staff, agencies and the community around you. Take a bit more of a breath on that one. The initial first response might not be the right move to make. Feel free to think about something a little bit longer, chat it out...*

*Believe in your own strengths and skills.*

*Know you can't assist everyone.*

*Professional boundaries are kind to everyone involved.*

*Self care is critical.*

*I tell myself I am not going to be able to know and do everything. Who are my stakeholders? What is my relationship with them?*

You're on a listening tour, don't rush into doing anything, listen to as many people you can on how to support them... building relationships, rapport, bringing people together'

GO GENTLY AND HAVE DEEP COMPASSION FOR  
YOURSELF AND YOUR COMMUNITY, FOR THE  
PROCESS AND THE PACE.