FIFO/DIDO Preparedness Program

Fly-In-Fly-Out Drive-In-Drive-Out

Working FIFO/DIDO can have many benefits for an employee and their immediate family, including greater income, quality and lengthy time with family during rostered off periods, and more. Working away though also attracts unique challenges for both the worker and their family.

What is the FIFO/DIDO Preparedness Program?

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1. Identifying any personal, emotional, and family challenges that may arise.
2. Consider planning or intervention for identified challenges.
3. Preparing employees and their families for any affecting adjustment.

More about the Program:

- Start with an initial 2-hour assessment to identify possible risks that may impede you and/or your family's success in managing FIFO/DIDO work.
- Sessions will then aim to resolve/mitigate recognised risks and provide psychoeducation for common FIFO/DIDO challenges.
- The number of sessions following the initial 2-hour assessment, the frequency of these sessions and the delivered method (in-person or telehealth) will be established.
- This program does not involve therapy. Referrals to counselling will be advised only if necessary.
- We recommend that if the employee is in a relationship, the employee and their partner do this program together.

How can I access the program?

The FIFO/DIDO Preparedness Program is part of our EAP offering. You do not need a referral. If you are interested in participating in this program, contact Gryphon Psychology to book a FIFO/DIDO Preparedness Assessment.

Confidentiality

Gryphon Psychology and its Clinicians are bound by the National Privacy Principles Act (2000). Employers are not provided with identifying information about those using the program without the individual's consent. No 3rd party is authorised access to information unless there is a serious risk / imminent harm.