

# ACTIVE SUPPORT II



# PEOPLE NEED HELP TO PARTICIPATE

With sufficient help, everyone can:

- take part in everyday activities and relationships throughout the day
- contribute at least to some extent, even if they don't have all the skills needed
- choose preferred activities and increase their control over their environment.



# SUPPORT

- Every moment has potential
- Little and often
- Graded assistance to ensure success
- Maximising choice and control



# EVERY MOMENT HAS POTENTIAL

- Not ‘which activities can they be involved in?’ but ‘how can I help involve them in this right now?’
- Find parts of activities person can do
- Fill in the gaps with your help, to ensure they succeed



# LITTLE AND OFTEN

- What's the rush?
- New experiences are easiest in small doses
- Presentation skills
  - keep it simple
  - reduce demand and complexity
  - make the situation speak for itself



# GRADED ASSISTANCE TO ENSURE SUCCESS

- Make the situation speak for itself
- Provide just enough help to ensure success – remember, you're not teaching, you're supporting successful participation
- Use the kind of help the person likes best
- Don't repeat failed assistance
- Don't overwhelm the person with noise and interference



# MAXIMISING CHOICE AND CONTROL

- Whose life is it anyway?
- Shape up control while engaged, by respecting decisions and supporting action
- Broaden experience by encouraging participation 'little and often'



# SUMMARY

- Active support produces higher levels of engagement in meaningful activity
- These lead to increases in independence
- Especially effective for people with severe and profound intellectual disabilities
- Staff training produces dramatic effects
- On-the-job coaching is essential
- Maintenance requires ongoing management commitment and involvement





Thank you!  
Any questions?

