

DEVELOPING RELATIONSHIPS



RELATIONSHIPS

Relationships are the foundation of
our lives.

Relationships and friendships
enrich our lives.



Everyone needs somebody...

- We need people who will love us and who we will love.
- We need people to build friendships with.
- We need people to inspire and motivate us.
- We need people to support us.
- We need people who will do some jobs for us.



- We all depend on support provided by other people, and, if we are lucky, other people can count on our support when they need it.
- In reality we all live in interdependence.



- People mostly have informal groups (of direct support staff) which provide them with support. While members of the group sometimes do not know each other, what they have in common is the relationship with the person.
- Our relationships are established in different phases of our lives and in different situations (in school, in the family, or at work)

- People are defined and realized through a connection with their community.
- The role that we have in the community is important in that realisation.
- Roles: positive (worker ...) or negative (homeless ...)



People with intellectual disabilities, due to social exclusion (institutionalization and segregated services, lack of community based support), often did not have the same opportunities to establish and maintain relationships.

- John O'Brien has introduced five accomplishments by which is possible to achieve better interaction of people with disabilities in the community:
 1. To go out to the same places
 2. To develop relationships with people
 3. To have experience of respect, role in society
 4. To be able to contribute to others
 5. To be able to choose



- Each person is unique.
- Our challenge is to help people with intellectual disabilities to discover their individuality.
- We can not control one's relationships or force people to like someone.
- The only thing we can do is to increase the likelihood that people will meet, get to know each other and develop relationships (increase circles of support).



10 reasons for developing relationships with the people from the community

1. Relationships are important to all of us
2. Meaningful relationships are essential for the people with disabilities
3. People with disabilities have only few friends
4. The impact on the health and well-being
5. The balance between personal and functional relationships



6. More power and control
7. Reducing personal stress
8. Reducing burnout
9. With the incentive relationships people change
10. Contribution to the community members



- **Personal relationships** - the ones that we develop with people because we want to
- **Functional relationships** - the ones that we have with the people for some reason, there is a special role in relationship



Table of characteristic differences in the relationships

Personal relationships

- Without a specific purpose
- Free choice
- We appreciate a person
- No authority or control
- A person is more important than the program
- They are not taught, without intellectual effort

Functional relationships

- With a specific purpose
- Often imposed
- We do not necessarily appreciate a person
- Always control, often authority
- Concerns with the character or some characteristics of the person
- Some parameters exist; can be defined in rational and logical terms; are taught

7 strategies for supporting the development of the relationships with community members

- First strategy: Identify which people you already know and where existing relationships can be strengthened and deepened
- Second strategy: Identify to whom will be talents of a person interesting
- Third strategy: Identify where you can find an interested person?



- **Fourth strategy:** Choose associations, societies and clubs
- **Fifth Strategy:** Identify places in the community where people can connect with one of his interests
- **Sixth Strategy:** Identify/select hospitable places in the community that gladly welcome new members
- **Seventh Strategy:** Identify places where a person can fit as it is with their capabilities



Thank you!
Any questions?

