

DSW Conference 2010

Sample of TAKEAWAY MENU

Session title: Person-Centred Active Support: the evidence so far...

Presenter/s: John Smith and Jane Doe

Contact information: 03 9555 5555 or john.smith@generic.com.au

Thank you for taking the time to listen to our recent research project, below are a few valuable tips and references that you can use on your very next shift, or day at work. Hopefully some of these will add to the quality of life you already support in people with a disability.

- Active Support happens all day every day – so look for opportunities all the time not just on certain days or parts of days;
- Begin to ask yourself – “what am I doing right now and how can I get (client) involved?” instead of “(client) is doing nothing, what can he do right now?”
- Share your success with others – did you know that the more you go looking for great things people are doing the more you will find happens! People want to be recognised for doing great work – so by acknowledging even through your words (not just rewards) can be a huge incentive to do more great stuff
- Look at ways of adapting the environment around the people you support – the difference between people being able to do something and doing nothing could be just a simple modification like adapted kitchen utensil, a clotheshorse, or an electric can opener. See Yooralla’s website for adapted equipment information http://www.yooralla.com.au/DVAWEB/TOC_1.htm
- Sign up to a web forum or mailing list to hear the latest in what’s happening with Active Support around the world. Check out the Tizard Centre’s web page on Active Support as a starting point: <http://www.personcentredactivesupport.com/>
- Set a challenge for your team – ask them to come up with a new experience for a resident on each shift – may sound hard to start with but once the ball gets rolling it can be a lot of fun
- Remember Active Support is not just about house work and domestic chores – look at ways you can support relationships for people such as community groups, volunteering, sporting groups, drama classes, art/craft shows, and most importantly with family and friends.
- You can’t get this wrong! Why? Because even an attempt at engaging someone in an activity, is still a few minutes or longer that they may have spent doing nothing. Mistakes just help us learn better ways of doing things.
- Spend some real genuine, interruption free time with people you support – the things you may be able to find out from this time can be really insightful – and remember people don’t need to be able to use speech to communicate....just be creative! Have a look at <http://www.intensiveinteraction.co.uk/> or <http://www.bild.org.uk/pdfs/05faqs/ii.pdf> for some great stuff regarding intensive interactions