

## **Disability Resource Hub Disclaimer**

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# Person Centred Active Support

## Participation and inclusion for people with disability

Many people with disability have things done FOR them not WITH them. This can lead to people feeling lonely, isolated, disengaged, sad, scared, bored and disempowered.

### What is Active Support?

- ➔ Active support is a way of implementing a person centred approach.
- ➔ It's about supporting people to be actively and meaningfully engaged in their own lives regardless of their level of disability.
- ➔ People can participate in any activity by doing the whole or part of the activity with just the right amount of support.
- ➔ Active support is a way for people to be included and connect with others.
- ➔ Active support used regularly leads to good outcomes for people with disability, their families, carers and disability support workers.

### What are the barriers?

- 'I don't have time'
- 'They just can't do it'
- 'But he is too difficult'
- 'It's just easier and quicker if I do it'
- 'The next staff will be upset if I don't get it done'

#### Evidence shows active support

- ✓ Improves the quality of life for people with disability
- ✓ Decreases behaviours of concern
- ✓ Reduces mental health concerns including depression and anxiety
- ✓ Increases work satisfaction for support workers making for a happier workplace\*

### How can I overcome the barriers?

**'I don't have time'** – 'Our resources will help to show you how'. Support your team leader, create shift duties for effective time management.

**'They just can't do it'** – 'Yes they can', every activity has easier, smaller components and everyone can make a contribution big or small.

**'But he is too difficult'** – Active Support helps to reduce behaviours of concern.\*

**'It's just easier if I do it'** – 'It takes time to save time', easier for who?

**'The next staff will be upset if I don't get it done'**, – Allocation of duties, effective communication and changing the culture from blame and shame to support and trust.

\*(Jim Mansell and Julie Beadle-Brown et al. 2012)



### We can all make a difference

Watch and share our active support videos and resources at [adhc.nsw.gov.au/activesupport](http://adhc.nsw.gov.au/activesupport). Enjoy the experience and positive impact that the active support approach has had on people with disability.

*'Carissa and Fran are more involved now, they wake up excited to be involved in their own lives' 'My work load has decreased, at the same time I'm making a difference to their lives'*