

# What is Active Support?

## Doing With Not For

**Active Support** is a model which focuses on the principles that all our interactions with the people we support are based on 'doing with not for', no matter the level of their disability.

**Active Support** enables people with learning disabilities to engage more actively in their own lives by providing the necessary support to develop skills and participate as fully as possible in their everyday activities. **Active Support** is the bedrock of everything we do. Every interaction and every activity is an opportunity for a person with a learning disability to exercise choice and have control in their lives.

## Key Principles

### 1 Empowerment:

Prioritises people doing things for themselves rather than having things done to or for them.

Encourages self-reliance and personal growth.

### 2 Engagement:

Focuses staff on actively supporting people to develop new skills or improve existing ones.

Ensures that people are more involved in everyday tasks and activities.

### 3 Collaboration:

Staff work collaboratively with the people they support, doing things with them and not for them.

Promotes a partnership approach in support planning and delivery.

## Benefits of Active Support:

- **Access to Opportunities:** Enables people to access a wider range of opportunities and engage in activities alongside others, building important relationships and social networks.
- **Increased Control:** Provides people with more control over their own lives through meaningful engagement.
- **Skill Development:** Helps people develop new skills and improve existing ones, leading to greater involvement in everyday tasks.

## Staff Role in Active Support:

- **Maximising Choice and Control:** Helps people make decisions about how they spend their time. This is one of the most important aspects of Active Support.
- **Promote Autonomy:** Supports the development of autonomy by encouraging independent decision-making and actions.
- **Graded Assistance:** Provides varying levels of support based on the person's abilities and progress, ensuring successful engagement experiences.



## Examples of Active Support in Practice:



### Cooking a Meal

#### **Skill Development:**

People can learn to prepare and cook meals, starting with simple tasks like chopping vegetables or stirring a pot.

#### **Graded Assistance:**

Staff might initially demonstrate the task, then assist hand over hand, gradually reducing assistance as the individual gains confidence and skill.



### Household Chores

#### **Skill Development:**

People we support can take part in everyday chores like cleaning, laundry, or making their bed. Staff can include a person in tasks such as setting the table, folding laundry, or preparing a meal. Staff offer support as necessary but enable people to perform parts of the task independently.

#### **Engagement:**

Staff work alongside people, providing encouragement and support to complete each task.



### Social Activities

#### **Access to Opportunities:**

People can participate in social groups, community events, or recreational activities.

#### **Building Relationships:**

Staff proactively support people in engaging with others, facilitating conversations, and helping to form social connections, friends, and relationships.



### Shopping

#### **Maximising Choice and Control:**

People can choose what they want to buy, make shopping lists, handle money, and receive change at the checkout.

#### **Promote / Encourage Autonomy:**

Staff provide support as required and encourage independent decision-making and actions when shopping.



### Personal Care

#### **Maximising Control:**

Hand over support to guide appropriate motions and actions, enabling the person to experience the actions needed to participate in their own care. Gradually reduce support as the person becomes more independent.

#### **Promoting Independence:**

Staff use verbal prompts to support people to dress themselves. Even the smallest of prompts or actions support people towards more independence and to take a positive part in their care and support.



### Money Management

#### **Skill Development:**

Staff assist individuals in creating a budget for personal expenses such as food or leisure activities and as such are supported to learn budgeting skills.

#### **Choice**

When making purchases, staff support people in making informed decisions by providing a selected range of potential choices for people, gradually widening choices as the person gains confidence and skill.