

# PERSON-CENTRED ACTIVE SUPPORT POLICY



## Person-centred

Being person-centred involves listening to people and helping them to think about, and through, what they want from their lives now and into the future for the whole of their life. It involves thinking outside the square, to determine how to support a person to achieve their aspirations and goals, in addition to discussing risks and responsibilities with the person.

## Active support

Active support empowers people with disability to be engaged in all choices, decisions, goals, activities and relationships in their own lives. Staff play an important role in creating opportunities, supporting learning and assisting clients to realise their own goals and actively control their own lives. The aim of active support is to do things with each person, not only for them. We recognise every individual moment has potential and progress is about taking “one step at a time” with the person contributing their skills and abilities to each situation. We provide assistance to enable every person to be successful regardless of the degree of disability.

By focusing on enhancing choice, encouraging engagement, and enabling decision making, each client gains confidence and independence, while taking control of their own lives. People start choosing relationships they want to build on, places they like to go to, places where their skills are appreciated and needed, and build their feeling of belonging in the community.

We are patient in supporting people to grow in their abilities and self-confidence at their own pace. We assist each person to find balance between what is important to them and the support they want and need. We are mindful not to create situations that are potentially unsafe, not what people want to do, and/or not matched to their skill level.

We expect all staff to respect, support and implement a person-centred active support approach with every client.

**Caroline Cuddihy - CEO**

