

## Person-Centred Active Support Approach

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'Person-Centred Active Support Approach' revolves around empowering individuals with disabilities to actively participate in their lives by focusing on their strengths, preferences, and independence.

Here's a breakdown of the model with five principles of active support model includes:

- Recognising the moments which have the potential of skill development in everyday life.
- Focusing on grading the assistance provided to create a space for experiential learning and boosting confidence.
- Paving the way to empowerment by supporting and respecting person's choice and control.
- Bringing consistency to the practices by doing things frequently and in small interactions which helps to develop a skill.

A fifth principle is added to monitor and review progress:

- Receiving regular feedback to adjust the service delivery for positive outcomes.

### 1. Every Moment has Potential:

- Acknowledges that every moment, no matter how small, presents an opportunity for engagement, learning, and growth.
- Encourages support staff to recognise and utilise these moments to promote skill development, social interaction, and overall well-being.
- Emphasises the importance of seizing opportunities in daily activities to enhance the individual's quality of life.

### 2. Graded Assistance:

- Actively providing the right level of support tailored to individual needs, promoting independence while ensuring necessary assistance is available.
- Focuses on gradually reducing support as the individual gains skills and confidence, allowing them to take on more tasks independently.
- Strives to strike a balance between support and independence, fostering a sense of accomplishment and self-reliance.

### 3. Maximising Choice and Control:

- Centres on empowering individuals by actively involving them in decision-making processes regarding their care, activities, and daily routines.
- Prioritises offering a range of options and opportunities, allowing individuals to exercise autonomy and make informed choices that align with their preferences.
- Recognises the importance of respecting individual decisions and promoting self-determination in all aspects of their lives.

#### 4. Little and Often:

- Focuses on breaking tasks or activities into smaller, manageable steps to facilitate learning and skill acquisition.
- Emphasises the consistent and frequent provision of support and opportunities throughout the day, rather than relying on infrequent, intensive interventions.
- Aims to create a routine of regular, brief interactions and engagements to maximise learning and engagement without overwhelming the individual.

#### 5. Monitor and Review:

- Focuses on making close observations while actively supporting client.
- Helps to collect data and reflect on observations and recordings to improve our services continuously.
- Helps to adjust person centred plan ensuring it remains responsive to changing needs of the individual.
- Utilise reviews to strengthen Active Support delivery and upskill workforce to enhance individual's capacity.

This '**Person-Centered Active Support Model**' prioritises the individual's autonomy, dignity, and well-being by embedding these five principles into the support services delivery. It aims to foster a nurturing environment where individuals can flourish, learn, and actively participate in their lives at their own pace and in alignment with their preferences.

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Reference: This approach is adapted and modified from '**Skills for Active Support**' training developed Living with Disability Research Centre at La Trobe University.

Link: [HOME | Skills For Active Support \(everymomenthaspotential.com.au\)](https://www.everymomenthaspotential.com.au)

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