

Active Support

What is Active Support?

Active Support is an approach to supporting people with additional needs to participate fully in their daily lives. The active support approach provides a system for training staff teams to maximise engagement and participation, changing the support approach from 'doing for' to supporting greater independence. This is achieved through managers and seniors learning specific skills around direct coaching for staff teams.

Active Support enables people to access an ordinary life. This includes being part of the community, having relationships, new experiences and being treated and respected as an individual. This enables people to become valued members of society and increases quality of life.

Active Support does not directly tackle behaviours that challenge but by increasing engagement, participation in meaningful activity and overall quality of life, many of the issues that can lead to behaviours that challenge are reduced.

How does it work?

Active Support provides experiential training for staff and managers. This means that as well as getting information about Active Support, staff and managers get to practice the skills with direct coaching both outside the setting they work and within it. This includes learning to use the skills of observation, coaching and feedback.

Active Support also provides a system of planning for engagement and participation using the Active Support schedule.

The Active Support approach teaches staff about the different levels of support that may be used to maximise engagement and participation. It is common in support environments that either too little or too much support is provided for an activity. The aim of the Active Support approach is to provide the correct level of support for an individual to be successful.

