



What is Active Support?

A guide for people with a learning disability



Department
of Health



What is Active Support?

Active Support is a way of giving people the support they need to do the things they want.

Active Support gives people:

- more choices



- more chances to do things



- more independence



What is Active Support?

- better mental health
- the chance to do more
- a better life.



And it helps with behaviour that challenges.



But staff still find it difficult to do.



What is Active Support?

It is based on:

- ordinary living as a member of the community



- being treated like everyone else



- getting the support you need



- keeping in touch with family and friends



What is Active Support?

- trying out new things



- doing things like everyone else



- not sitting around



- being treated as an individual.



What is Active Support?

This starts by involving and supporting people in all the everyday things that other people do.



Things like:

- Cooking and cleaning



- Hobbies



- Looking after ourselves



What is Active Support?

- Helping others



- Spending time with family and friends



- Working, paid and unpaid



- Relaxing by doing something.



What I want

1. I want to know that there is a plan to help staff learn all about supporting me.

This should include:

- How I say what I want and need



- What support I need with how I behave



- Details about what I want to do



- And how to help me try out new things.



What I want

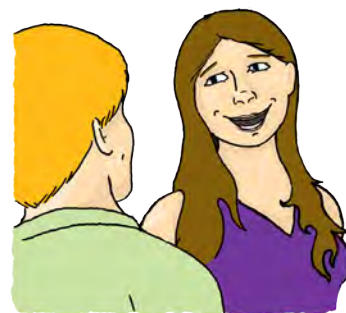
2. **I want to know** what I am doing each day and any difficulties are sorted out so I can do what I want or need to do.



3. **I want to be doing things,** not just sitting about or in my bedroom for hours. I want to be in control of my own life.



4. **I want to see happy staff** with good support.

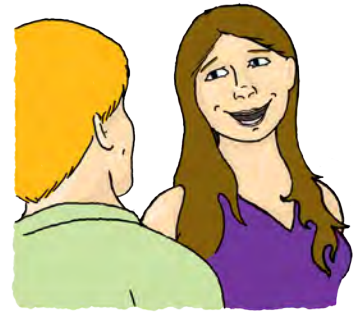


5. **I want to see managers support their staff.**



What I want

6. **I want to get on well** with staff who support me when and at the speed I need it, not at their speed.



7. **I want to see less staff leaving** so I get to know who is supporting me.



8. **I want staff trained to support me** to do the things I want.
I want to be able to see Active Support happening.



9. **I want to see my parents or carers** treated properly by staff and included as part of the team.



What I want

10. I want to hear staff:

- talking about Active Support
- be keen about it
- talk about Active Support at meetings



and I want to see staff working well together in the same ways when they are:

- making plans
- talking to each other
- checking things are working for me.





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For more information about the project and ARC, please visit our website: www.arcuk.org.uk