

ACTIVE SUPPORT

POLICY AND PROCEDURE

Policy Statement

Active Support is a person-centred approach to providing direct support to clients.

The goal of Active Support is to ensure that people with even the most significant disabilities have ongoing, daily support enabling them to be engaged in a variety of life activities and opportunities of their choice. Active Support is a way of working that enables everyone, no matter what their level of intellectual or physical disability, to make choices and participate in meaningful activities and social relationships.

Mypower Foundations embrace and advocate Active Support as a model for providing assistance to people which focuses on making sure they can engage and participate in all areas of life.

This policy should be read in conjunction with the **Person-Centred Support** Policy and Procedure.

Definitions

Active Support is a way of providing someone with a disability just the right amount of support. Not too much and not too little. It empowers people with a disability to do things for themselves when possible, rather than a contractor doing it on their behalf.

Procedure

- Active Support instructs Support Professionals to offer evidence-based, effective support, enhancing participation, decision-making, and overall life quality.
- The principle of Active Support is to give the precise amount of aid required, helping those with disabilities to engage in meaningful activities and foster social connections. Support workers can use Active Support with everyone, regardless of their degree of intellectual or physical impairment.
- Just enough assistance should be provided to enable a person to succeed in tasks and allow opportunities for a client to exercise choice and control, no matter how insignificant the task.
- Active Support underscores the inherent rights of those with disabilities, including:
 - a) Dignity
 - b) Autonomy and choice
 - c) Independence
 - d) Complete societal inclusion and participation

- e) Respect for diversity
- f) Acceptance as an integral part of human diversity.
- Active Support is about people with a disability controlling their lives, making choices, and taking part.
- Active Support requires all workers to treat clients and people with dignity and respect, whilst recognising their strengths and abilities.
- The approach enables those with disabilities to develop new skills, access a wider range of opportunities and engage in activities alongside other people, building important relationships and social networks that are part of an ordinary life. These skills give people more control over their own lives.

Responsibility

To facilitate this, Mypower Foundations will sit with the participant, and any persons they wish to invite, in the initial meeting and at other times to discuss the service Mypower Foundations will provide and the processes involved so that they are at all times well informed and their “community” remains informed and involved.

Active Support should be adopted by Support Professionals, at all times and with all clients by applying these principles:

- 1. Every moment has potential** - Any given moment holds potential for a person to be engaged in meaningful activities and relationships.
- 2. Maximise choice and control** - Supporting people to maximise choice in all aspects of their lives.
- 3. Little and often** - Recognising that a person may like to participate in part of an activity, rather than all, and they can take a break and come back to it.
- 4. Graded assistance** - Providing the right type of support to enable a person to successfully engage in meaningful activities and relationships.

Failure to knowingly promote the principles of Active Support is contradictory to the objectives of Mypower Foundations. Failure to do so, may result firstly in directives for further training and support to understand and implement the Active Support principles, and may result in the **Termination of Contract** policy being activated if training and support opportunities are unsuccessful.

Relevant Legislation and Policies

- Privacy Act 1988
- Work Health and Safety Act 2011
- NSW Disability Services Standards
- National Standards for Disability Services

- Disability Discrimination Act 1992
- Disability Services Act (National Standards for Disability Services) Determination 2014
- National Disability Insurance Scheme Act 2013
- NDIS Code of Conduct
- NDIS Quality and Safeguarding Framework
- Universal Declaration of Human Rights
- United Nations Convention on The Rights of Persons with Disabilities