

## Target Audience

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Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support.

This course has been developed to provide the learner with knowledge, understanding and skills to promote active support to increase a person's participation in tasks and activities. It is aimed at those whose role includes planning, monitoring, and providing direct support and assistance to individuals.

**This course is delivered using a range of methods and resources including:**

- ◆ Face to Face tutor facilitation, questionnaires, scenarios for breakout groups, questioning and participation, videos, and end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ ARC UK – Active support

## Course Content

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- ◆ Characteristics associated with active support
- ◆ Identify practical changes
- ◆ Levels of help and support
- ◆ Break new activities into manageable steps
- ◆ Positively reinforcing participation
- ◆ Daily plans to ensure a valued range of activities, avoiding disengagement
- ◆ Review and revise to increase opportunities
- ◆ Monitor a person's participation
- ◆ The balance of activity associated with an active lifestyle
- ◆ Changes required to improve the quality of participation

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ Describe the characteristics associated with active support
- ◆ List practical changes that may need to happen
- ◆ Describe the levels of support that may be needed
- ◆ Give an example of how to break new activities into manageable steps
- ◆ Describe how you can positively reinforce participation
- ◆ Describe the importance of daily plans to ensure a valued range of activities, avoiding disengagement
- ◆ State how you can review and revise to increase opportunities
- ◆ Explain how you can monitor a person's participation
- ◆ Describe what is meant by the balance of activity associated with an active lifestyle
- ◆ List changes required to improve the quality of participation

**Duration: 6 Hours**