

Person Centred Support Tip Sheet

Person-centred support starts with changing our thinking from the traditional support approach of 'doing for', to one that puts what the person with disability prefers as the focus. For example, instead of rushing activities, we make sure there is adequate time for an activity, because rushing doesn't work well for the person.

Once we change our thinking around, we can start to provide support in a different way. This way says it should be more about what works well for the person and their needs, choices and goals, not about what is easiest or cheapest to provide.

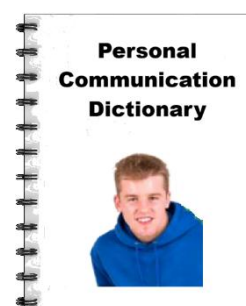


Our every action can be person-centred, whether it is supporting someone with personal care and making sure that they feel safe and comfortable, or empowering a person to have a say in everyday choices of activities.

Empowerment - promoting their 'voice'

If the person's wishes and goals *are not* forefront in our minds when we are supporting them, then that's where it just becomes 'a job'.

Often people with disability have had limited choices due to their disability and society's expectations. So, our role is to empower people and build their ability to be involved in choices and decisions about them.



We can do this by supporting people to have input in some way, which may start with using their basic likes and dislikes in choices.

It may also be that they contribute verbally, gesture, signing, or using communication aids (e.g. Pictorial Communication Dictionary, About Me book, picture board) or, the main thing is promoting their 'voice'.

Person-centred practice (support) is the foundation of everything else. It forms the foundation of key concepts for how services and families support individuals, such as, rights to privacy, dignity, respect, community inclusion, and supported decision-making (making own choices with support).

(refer to Supported Decision Making Tip Sheet)

Person Centred Planning

Person-centred planning is a process of **continual listening**, and **learning**; focused on **what is important to someone now**, and for the future; and **acting upon** this in alliance with their family and friends. (source: The Learning Community)

When Person-Centred planning is done well, people are empowered to:

- Live the life they want
- Celebrate achievements
- Aspire to improve
- Change what's not working
- Set realistic goals
- Focus on outcomes
- Gather and share great information



Tips for being person centred in your everyday work

Person-Centred practice enables you to keep the person at the centre and promotes transparency and accountability. Practical tips include:

- Always using the persons preferred communication method
- Basing meetings and planning activities on the persons preferences
- Sitting and talking with the person e.g. about their day
- Finding solutions and connections preferably in the community
- Support is provided in a way that works best for the person
- Keeping the focus on their strengths, abilities, and interests of the person
- Providing information in accessible formats e.g. photos and an explanation
- Giving people adequate time and appropriate support to make choices/decisions
- Family and community members are seen as a true partner

Resources

One page Profile	http://onepageprofiles.wordpress.com/ https://www.youtube.com/watch?v=fnaKnVWFh44
What's working – Not working?	https://www.helensandersonassociates.com/whats-working-not-working/
Training	part of VALID's courses for families



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