

CORNERSTONES of PERSON CENTRED SUPPORT

FROM my experience I consider there to be fundamental standards of Practice that lay the foundations upon which good person centred support can be built, requiring systems and services to genuinely get to know the people they are supporting AND then implementing the necessary changes.

A Supportive & Capable Environment

- Skilled and person-centred support
- Supports communication
- Supports choice
- Supports physical & mental health
- Supports relationships
- Supports skill development
- Supports participation in meaningful activities
- Provides safe, consistent & predictable environments
- A well led , competent and supported staff team
- PRACTICE LEADERSHIP- TO HOLD IT ALL TOGETHER



Get to know the person & what's important to them

Connections

- ‘No man is an island’- John Donne

Connectedness - Feeling a connection with family, friends and others is important to achieve a sense of belonging. Humans are essentially social creatures and feeling alone can have a negative effect on our well-being (Leamy et al,2011).

Research by Swinton and Powrie (2004) titled ‘No box to tick’ explored the concept of ‘*connections*’ from the perspective of people with a learning disability .The most important way that people felt connected was through their friendships and these gave people a sense of meaning for their lives and offered them purpose and hope for a positive future.

‘ Loneliness Is the only real disability’ – People who are in services are lonely. They have very few people outside the confines of the service, in their life’.
Pitonyak(2003)

Quality of Life & Person-Centred Support

- **Person-centred support is a non-negotiable part of improving quality of life**
- This means putting the person at the centre of everything that's done & involving the persons and others who are important to them
- It means designing support that fits the person needs and wishes so that they can have a good quality of life
- It doesn't mean making people fit the support and services we already have.
- **We know that this does not work for people!**



Quality of Life

Quality of life can be measured objectively. More importantly people can tell us about their experiences (the subjective view of quality of life).

Schallock et al and the 8 Domains-

- Emotional wellbeing
- Interpersonal relationships
- Material wellbeing
- Personal development
- Physical wellbeing
- Self-determination
- Social inclusion
- Rights

The CQC Quality of Life Audit Tool.



Active Support

Graded Assistance



Providing just enough of the right type of help, for that person, in that activity and at that time to ensure success.



Finding opportunities for people to make more choices and take more control every day. Even when we don't have choice over what we do, we can have control over how, when and where we do it.



Actively participating in constructive activities using materials, social interactions or group activities, and so adding to quality of life.

- Growing in skills or independence
- Experience real choice and control
- Becoming a more valued member of their local community

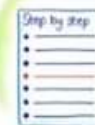
Engagement looks different for different people.



Organising and Improving Support

Using a range of ways to develop consistency and predictability for the people being supported, and to encourage ongoing learning and continual improvement of the support provided.

Little and Often

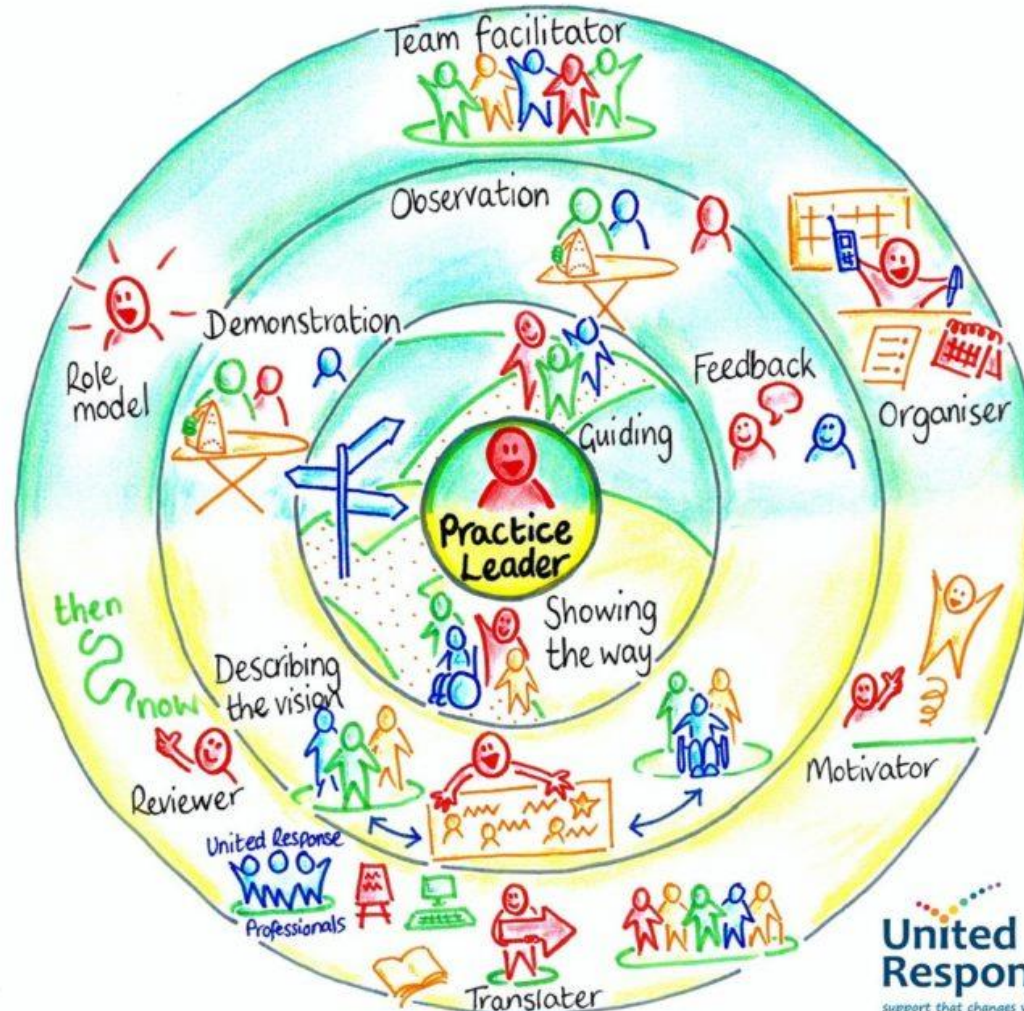


Making it easy for people to participate by breaking activities down into smaller parts, working at the pace of the individual, providing communication that works for the individual and making the situation speak for itself.



Everything that is happening is an opportunity, wherever a person is, for them to be engaged in something meaningful, to interact with others, to learn something new, to make a choice or have control.

Practice Leadership- An Essential element in making PBS work!



Staff Well Being

- *‘the best strategies for behaviour problem reduction and skill enhancement will fail if they are embedded in systems that are antagonistic, poorly organised or lacking well trained personnel’* (Carr,2007)
- ‘Carers in a heightened state of stress are likely to respond very differently to the individuals in their care and especially to their challenging behaviours’ (Hastings 2013)
- Turnover of staff ? Lack of staff?
- Mindfulness research (Singh, 2006)
- Resilience development is crucial

Discussion

- Any points to discuss and explore?
- stevewilson_nz@yahoo.co.uk
- THANK YOU