

ARC UK Active Support Practice Development Service

Promoting Active Engagement

Supporting staff to focus their support on 'supporting with' and not 'for'

What is Active Support?

Active Support is an evidence based model of support that shows staff how to support people with intellectual disabilities to be more engaged, included and take part in everyday activities that make up 'an ordinary life'.

The quality of staff support is one of the most important factors in influencing the quality of life and outcomes for people with intellectual disabilities and/or autism.

Research shows that where organisations are embedding Active Support and are using other positive behaviour strategies, there is a reduction in behaviours that challenge, a reduction in repetitive and self stimulatory behaviour, and a significant increase in the quality of staff support. Despite these findings there is consistent evidence of low levels of engagement in everyday activities for

people in services, especially people with more severe intellectual disabilities.

What is the Active Support Practice Development Service?

Through a dedicated and committed team, the ARC UK Active Support Practice Development Service aims to support services and organisations to bridge the gap between theory and practice in delivering real person-centred approaches to support. We support organisations to meet the outcomes required by Commissioners meeting policy and best practice guidelines.

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