



# Active Support Training



Active Support training can now be arranged for members and non-members of **ARC** (Association for Real Change – [www.arcuk.org.uk](http://www.arcuk.org.uk) <<http://www.arcuk.org.uk/>> ).

Presentations on the theory and benefits of Active Support can be also be delivered within:

- Day Services
- Local Authorities
- Organisations
- Social Services

**Costs:** A full training day for up to 20 staff is **£350** (includes all handouts and resources, excludes venue, refreshments and travel costs).

For further information on the Active Support Model of Support please contact:

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# What is Active Support?

**Active Support:** Is a proven model of support that supports people with learning disabilities to plan the best use of their time, with the correct level of support, to engage or participate in all activities that make up day-to-day living.

- Is an evidence-based set of primary procedures that have been specifically designed for supporting people with severe disabilities and behaviour that challenges.
- Is a set of pro-active strategies to improve the quality of a person's environment so that the possibility of challenging behaviour occurring is in some cases avoided or reduced.
- Works well with people with learning disabilities and sensory impairment and for people who have no behaviour that challenges.
- Improves the quality of life of service users by showing support staff, managers and organisations how to support

in a more pro-active way, provides a technology to turn values into action.

Considerable research has been undertaken on Active Support since the mid 1980s by a group of researchers from the Welsh Centre for Learning Disabilities at the University of Wales College of Medicine. The research showed that Active Support is an effective way of increasing the participation and inclusion of service users, including those with severe/profound learning disabilities, in everyday life.

**ARC Cymru** are running a three-year Active Support Project, supported by a grant from the Big Lottery Fund <<http://www.biglotteryfund.org.uk/>>. The Project began in the summer of 2006 and will run until the middle of 2009.

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