

Living with Disability

RESEARCH CENTRE



The Living with Disability Research Centre offers training programs in Person Centred Active Support and Supporting Social Inclusion. Delivery modes are tailored to the specific needs of each organisation.

What is Person Centred Active Support?

Person Centred Active Support - a way of working that enables everyone, no matter what their level of intellectual or physical disability, to make choices and participate in meaningful activities and social relationships.

When support workers use Person Centred Active Support, it leads to a better quality of life for the people they support. Increasingly, disability support services are adopting Person Centred Active Support as a way of working and are expecting support workers to be skilled in this approach.

A free online learning resource is available 'Every Moment Has Potential – introduction to Active Support' www.activesupportresource.net.au. This resource is based on research undertaken by many researchers in the UK and Australia including the late Professor Jim Mansell and Dr Julie Beadle-Brown, Professor Christine Bigby and Dr Emma Bould.



Class-Based Training

A full day interactive session to enable you to discuss Person Centred Active Support with an experienced trainer and discuss your ideas with other support workers.

Hands On Training

Hands on training is important. It enables support workers to put many of the things they have seen or heard in the class-based training into practice. This training involves our experienced trainer:

- spending time alongside support workers as they work with the people they support
- observing and providing feedback to help support workers develop and refine their skills
- helping support workers to reflect on your own practice
- providing new ideas and suggestions about activities that could be used with the people you support

Practice Leadership Training

This training is designed to develop the skills and knowledge of those in frontline leadership roles to get the most of their teams day-to-day.

"Good Practice Leadership happens when managers become practice leaders, teaching, guiding and leading their staff in providing Person Centred Active Support to the people they serve. This means they spend most of their time with their staff, coaching them to provide good support". (Mansell & Beadle-Brown, 2004)

For more information

Contact: lids@latrobe.edu.au <http://www.latrobe.edu.au/school-allied-health/research/living-with-a-disability>

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The Living with Disability Research Centre brings together leading researchers, people with disabilities, and industry partners to build an evidence base to support the social inclusion of people with cognitive disability

The themes of our research are:

Improving Disability Services. Design, implement and evaluate strategies and practices that improve the effective delivery of support to people with cognitive disability.

Building the Evidence Base for Participation and Social Inclusion. Identify challenges, promising practices and strategies to facilitate participation and social inclusion of people with cognitive disability.

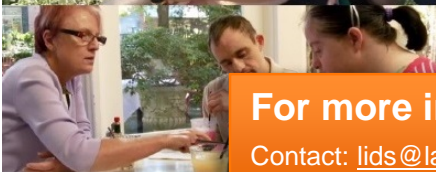
Improving Mainstream Services. Design, implement and evaluate strategies and practices that contribute to the effective delivery of mainstream services to people with cognitive disability.

Recent Reports

- Self-advocacy and inclusion: a summary of the study 'What can be learned from speaking up over the years'.
- 'Not as connected with people as they want to be' – Optimising outcomes for people with intellectual disability in supported living arrangements.
- Supporting People with Cognitive Disabilities in Decision Making – Processes and Dilemmas.
- Improving staff capacity to form and facilitate relationships for people with severe intellectual disability.
- Family and staff perspectives on 'Cultures of Respect' in supported accommodation services for people with intellectual disability.
- Understanding communication access on V/Line trains: Perspectives of staff and customers.

Available from La Trobe University Research Repository:

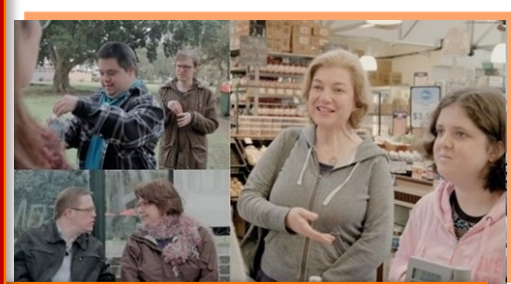
<http://arrow.latrobe.edu.au:8080/vital/access/manager/Index>



Free online training resources for disability support workers

Every Moment Has Potential – introduction to Active Support www.activesupportresource.net.au

Supporting Inclusion – a resource for support workers <http://supportinginclusion.weebly.com>



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