

# Person Centred Active Support v 1.0

EITR is committed to providing Person Centred Active Support in all our programs. Whether its therapy support, positive behaviour support, health or planning. We will encourage meaningful engagement in all activities and encourage choice and control.

**We believe every moment has potential for connection, personal development and success regardless of the level of support required.**

Our aim is to maintain the skills a person has and build new ones. People gain skills and empowerment from greater participation in their **own life**. The aim of active support is doing things **with** individuals, not always doing things **for** them.

Active support is a way of implementing a **person centred** approach. It's about supporting people to be actively and **meaningfully engaged** in their own lives regardless of their level of disability. It provides more **opportunities**, it increases levels of **independence**, it builds **self esteem** and **confidence**.

People can **participate** in any activity by doing the whole or part of the activity with just the right amount of support. Active support is a way for people to be **included** and **connect with others**. Active support used regularly leads to **good outcomes**.

We have easy read information on our website on Person Centred Active Support under **information for participants**.

