

# Training with Hart – Training you can Trust!

## Understanding Active Support Course:



Active Support is a way of working that promotes and enables people with learning disabilities, dementia, and other cognitive issues to have an active role in their lives.

Staff will be taught methods/styles of working and supporting that will enable and encourage residents to have an active part of their daily lives.

The aim of this course is to promote person centred care and specific support to focus on what individuals can do to ensure deskilling is noticed and avoided.

Course Duration: **Half day**

### Course Content:

- What is active support,
- Principles of Active Support,
- Hotel Model vs Person Centred Support model,
- Support that promotes engagement and participation,
- Enabling independence.

All Training provided by Training with Hart has been accredited by the CPD.