

# AS - App

A digital aid to enhance  
Active Support



Special Needs Group Limited





## What is Active Support?

Active Support is a person-centred way of supporting people with a learning disability to live full and interesting lives. It is a way of helping people have an **ordinary life** and enjoy the same opportunities as everyone else. An ordinary life means having plenty of chances to get involved in domestic, social, leisure and learning activities.

We can help the people we support to increase their involvement and **engage** as fully as possible in everyday activities.

Active Support is about staff 'working with' those they support, rather than 'caring for' them. Supporting people in this way makes it possible for them to be actively involved in running their lives, rather than watching and waiting for staff to do things for them.



“  
*We can help the people we support to increase their involvement and engage as fully as possible in everyday activities.*  
”

Why is activity important? ►

## Why is activity important?

Being active helps us feel good; it keeps us **mentally alert** and **physically well** and is a great way to spend time with others. Being active helps us learn and be more independent. Our hobbies and interests create a sense of worth and help us connect with others.

Most people with a learning disability like to be active, but may need a bit of extra help to take part in daily activities.

Having nothing to do can lead to boredom, low self-esteem, lack of development, limited control, and loss of independence. Sometimes it can lead to challenging behaviour.

Participating in activity is the key to independence, choice and control, and an overall sense of feeling good about ourselves and the lives we are living.



“  
*Participating in activity is  
the key to independence,  
choice and control ...*

”

How does Active Support help? ►



## How does Active Support help?

What you do *really does* make a difference. You can help people take part in activities by planning opportunities with them and then providing the help they need, at the time they need it.

Providing the right amount of help at the right time bridges the gap between what a person can and cannot yet do. This means not having all the skills to do an activity need not be a disability or a barrier to greater independence. It means everyone can be involved in *every* aspect of their day lives.

Learning about Active Support often involves working alongside a coach or supervisor who can show various ways of providing moment-by-moment support. Other parts of Active Support are person-centred personal routines and household customs.

Person-centred routines boost independence by making life more predictable, consistent, and controllable, while still being flexible and creative. We all follow routines. We do certain things on certain days and we do many in the same way every time.



“  
... everyone can be  
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”

In addition, most of us have unwritten rules about how we manage our homes (e.g. cooking, cleaning, mealtimes, and laundry) and a way we like to do things that is customary. We are not rigid but tend to have a usual way of doing things. Following the personal and household routines of the people we support makes taking control and taking part easier for them.

What is the AS-App? ►

## AS - App

### What is the AS-App and what does it do?

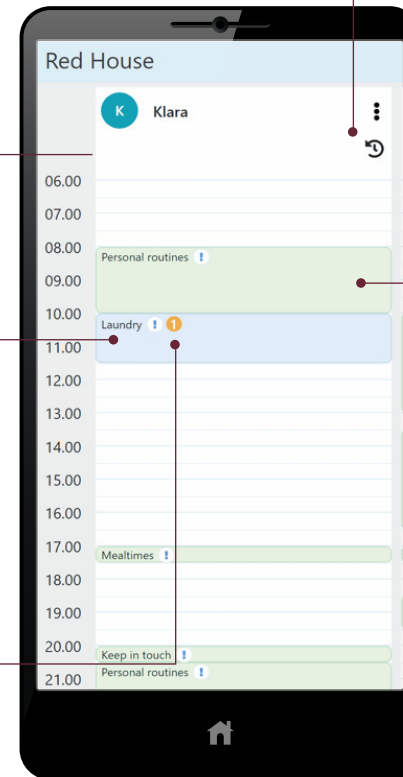
Developed by Special Needs Group, the **AS-App** is a digital tool that brings together the key features of Active Support. With an intuitive and easy-to-use format, the AS-App enables staff teams to:

- **Plan activities and create opportunities**
- **Allocate staff support to individuals**
- **View personal routines and household customs**
- **Record how activities went**
- **Monitor a person's activity over time**

Each person's daily routines and activities are shown in a clear, easy to use **planner**

**Incidental activities** can be easily added to the planner to fill the day. A personalised list of activities is pre-programmed for each person being supported

The planner shows, at a glance, where **staff are allocated** to provide support with activities



Activities of **under 5 minutes** can also be entered, so even brief activity engagement can be captured

**Anchor activities** such as personal care routines automatically appear on the planner each day

Personal routine **scripts** and household customs can also be viewed within the AS-App to help consistency across staff teams

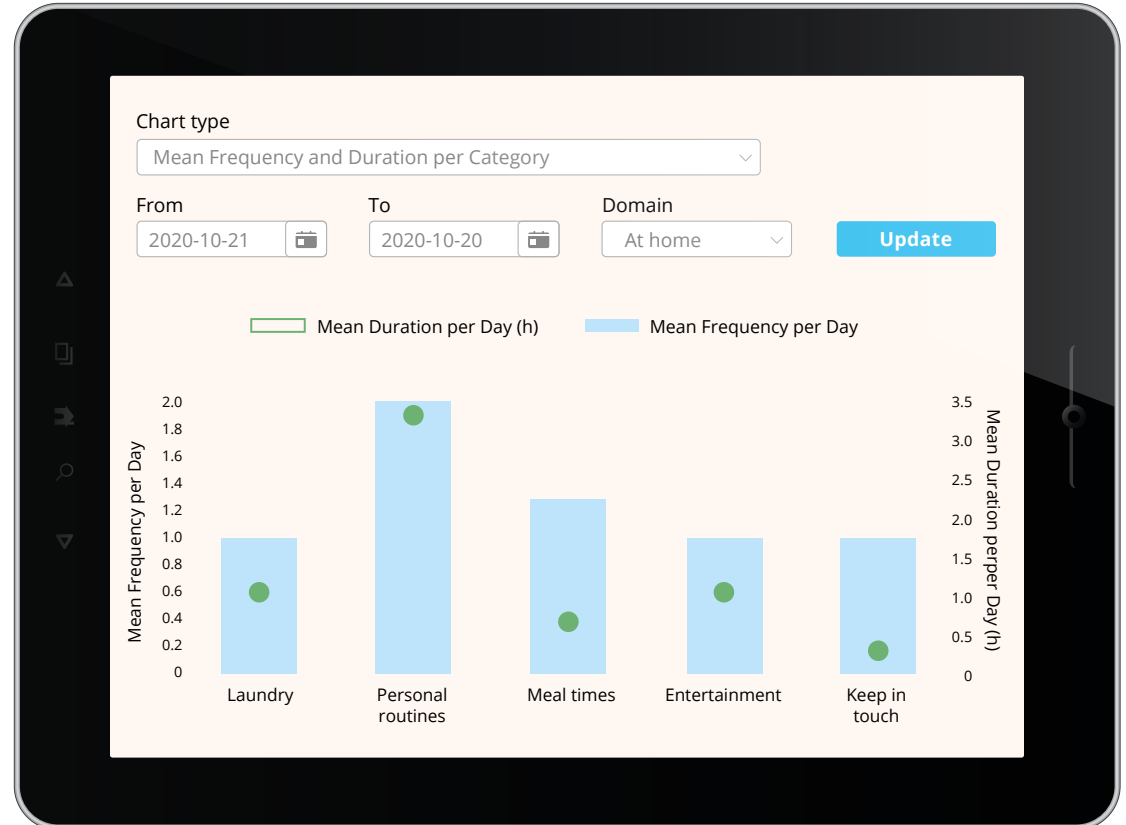
#### Klara Morning Routine

1. 8:00am Wake Klara
2. Hand Klara a plate with her medication on and a cup of water.
3. Klara comes into the living room for a cup of tea and breakfast in her easy chair.
4. Klara has a shower and washes her hair.
5. Help Klara replace the straps on her catheter bag.
6. Klara creams her legs.
7. Klara gets dressed in her bedroom.

## AS - App

### How can I monitor activity and progress using the AS-App?

You will know a lot about a person's day to day life from being with them. At the touch of a button, the AS-App will display charts with up-to-the-minute information about the bigger picture regarding activity. This is useful for keeping track, setting goals, celebrating achievements, looking for trends, reporting to others, and making decisions with people about their future planning and support.





## What do people say about Active Support and the AS-App?

Some of the people supported using an Active Support model and accessing the AS-App have told us:

*"Since Active Support, I have learnt to fasten my own buttons so now I can wear funky shirts" - Will*

*"My life's not boring anymore because I can do so much more for myself now!" - John*

*"I'm looking forward to staff supporting me to host a dinner party for the other people I live with" - Christine*

And staff have told us:

*"The AS-App helps us to plan activities and allows people to be more independent and learn important life skills".  
- Alex*

*"It is life changing! The engagement and development of the people we support has increased beyond anything we could have imagined!" - Bethany*



*"Active Support has made me realise that the people we support can do more than we think! I was amazed by what they can do!" - Danielle*



## Coming soon

The App will be available in a select number of services in February and March 2021.

Ask your manager for details.

### References

AS-app, as seen in the International Journal of Positive Behavioural Support:

*"Development of the AS-app brings Active Support firmly into the twenty-first century and, as further features and enhancements are added, will strengthen its alignment with positive behavioural support as an evidence-based, data-driven technology for preventing challenging behaviour and enhancing quality of life..."*

Toogood, S (2020) "Active Support – there's an app for that!", *International Journal of Positive Behavioural Support*, 10,2,58.

Find out more about the AS-app and learn how other services are using Active Support:

[www.specialneedscare.co.uk/news](http://www.specialneedscare.co.uk/news)



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