

It is hard for some people with intellectual disability to be engaged in an activity for a long time. Little and often gives people the chance to stop, take a break and then come back to an activity.



Giving just the right amount and type of support to enable a person to succeed.



Person Centred Active Support



Every part of the day - every household task – every social interaction in the community holds moments of potential for a person with intellectual disability to be involved. The challenge is to find those moments and provide the right type of support.



Supporting people to make as many choices about how they spend their day as possible. The more choices a person can make the more control and input they have over their own life.