

Module 1: Community-Based Positive Supports



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Skill Building Practice: Creating a Supportive Environment



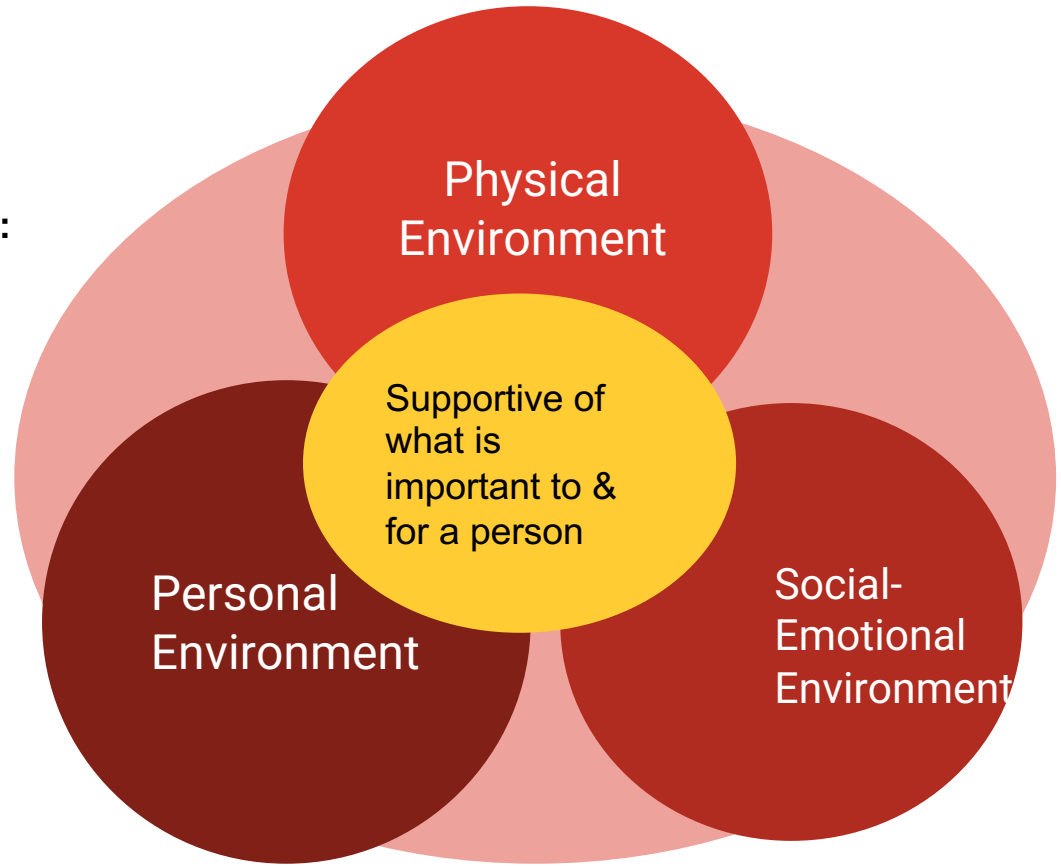


What do you find to be a supportive environment for yourself?



Considerations

- **What is important to the person for:**
 - Comfort,
 - Enjoyment,
 - Relaxation,
 - Wellness,
 - Social connection,
 - Belonging,
 - Pursuit of happiness and things they enjoy



<https://mn.gov/dhs/partners-and-providers/program-overviews/long-term-services-and-supports/positive-supports/tips/supportive-environment.jsp>



Planful and Mindful Effort

- We need to plan around this, train personnel and wraparound supports on what a supportive environment is for the person,
 - Not going to work well as a completely informal or on the spot action,
- **Question:** How do you find this type of information out?



Ideas

- Take time to connect on a person-to-person level, not driven by logistics,
- If someone cannot verbally tell you, observe, watch for idiosyncratic forms of communication (e.g., leading, crying, smiles, gestures), talk with people who know them well,
- Plan for time to connect, ensure the person has time to engage in how they like to spend their time.



Let's Practice Making this Situation More Supportive

- Dale lives in a group home setting with two housemates and 1 staff member who rotates in 8 hour shifts. Everyone wakes up each day at 7am to shower and prepare for the day prior to the overnight staff leaving.
- There are many things to get done, when Dale arrives home from work, the staff members encourage him to get started on his laundry, tell him what time dinner is at, and then take a moment to check in with the other staff member about a transportation plan for the evening.
- Dale goes into his room to play video games and stays there for the rest of the evening, except for dinner which is eaten at the table at 6pm.





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