Getting a Real Life in a Real Place

The impact of Person Centred Thinking Approaches on the lives of people living with intellectual disabilities
Deinstitutionalisation is not enough on its own, hence many organisations have begun to introduce more individualised approaches.

Individualised approaches such as person centred planning and active support have seen positive outcomes for people living with disabilities.
Minda- Demonstration Project
Purpose of the study

- To investigate the journey of the people with intellectual disability living in the demonstration project home, with the introduction of person centred thinking approaches. As much as possible the aim was to describe the journey from their perspective.
Community Facilitator

- To develop opportunities to enable people living with intellectual disabilities to access facilities and participate in the community, using a person centred approach.
## Method

<table>
<thead>
<tr>
<th>Name</th>
<th>Gender</th>
<th>Past</th>
<th>Present</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participant 1</td>
<td>F</td>
<td>Campus</td>
<td>Community with PCT/AS</td>
</tr>
<tr>
<td>Participant 2</td>
<td>M</td>
<td>Semi-Independent Community</td>
<td>Community with PCT/AS</td>
</tr>
<tr>
<td>Participant 3</td>
<td>M</td>
<td>Semi-Independent Community</td>
<td>Community with PCT/AS</td>
</tr>
<tr>
<td>Participant 4</td>
<td>M</td>
<td>Community Hotel Model</td>
<td>Community with PCT/AS</td>
</tr>
</tbody>
</table>
Method

Training

• Person Centred Thinking
• Active Support
• Community Participation and Engagement
Method

Experimental Design

• Case Study
• Mixed Methods Approach- Quantitative and Qualitative

Question

How do person centred thinking approaches including active support impact on:
• The overall life experiences of people?
• The development of their social relationships? and;
• Their leisure and community involvement opportunities?
Method

Data Analysis

- Comparison of quantitative data collected from the Quality of Life Questionnaire (Schalock and Keith, 1993) and Community Participation and Social Contacts Interview (CDS, 2001).

- Thematic analysis of qualitative data.
Results

Quantitative Data
• Limited evidence of improvements in participants lives, but difficulties with the questionnaires used.

Qualitative Data
• Individual Journeys
• Positive outcomes from the Household PATH
• Increased social networks
• A move towards individual activities as opposed to group activities
• A sense of home amongst participants
• An increase in community activities
• The Community Facilitator played a role in facilitating nearly all of these outcomes
Discussion

• Increased social network through spending more time with family and the Community Facilitator connecting participants with volunteers.

• Implementation of goals from the PATH process through the role of the Community Facilitator.

• Moving towards individual activities with the support of the Community Facilitator.

• Not just ‘venturing’ into the community but actually ‘participating’ and making strides towards becoming ‘networked’.

• The need for support workers to have the support of a role such as the Community Facilitator to ensure community inclusion.
Conclusion

- Consideration needs to be given to strategies that will ensure the success of individualised approaches beyond demonstration projects. This study shows that with the additional strategy of the Community Facilitator positive outcomes for participants are evident.
References

References