

Greystanes Disability Services

Blue Mountains, Nepean and greater Western Sydney



Greystanes Disability Services supports people in the Blue Mountains, Penrith and surrounding regions in Community Living homes, Day Option programs and Home Support services. We have specialised in intellectual disabilities and complex health needs for over 60 years.

Greystanes aim to enable the people we support as much as they can to live a happy and engaged life in every day activities.

Person Centred Active Support is the framework for how Greystanes assist and support people to participate and exercise greater control and choice in their daily lives.

We support each person by understanding their wishes and needs, and by genuinely engaging them in activities they can master and enjoy.

Our staff are mentored and have ongoing training to embed the Greystanes values of genuine engagement and active support.



We provide a range of individualised flexible services, such as:

- **24/7 Supported Accommodation.** *Our community living homes are warm and friendly. They have 4 to 5 fully accessible individualised bedrooms and large living areas.*
- **Assistance with social and community participation** such as shopping, leisure and community activities
- **Assistance with self-care activities**
- **Assistance with personal domestic activities** such as meal preparation, tidying and laundry
- **Medication management and health supports**

Please call Vanessa if you would like a visit, a tour or a chat about our services on 0439 990 249

Leaders in Person Centred Active Support

www.activesupportresource.net.au



Director of La Trobe's Living with Disability Research Centre, Professor Chris Bigby says Person Centred Active Support is about facilitating engagement, interaction and opportunity at every turn for people with intellectual disabilities – particularly people with more severe and profound intellectual disability who find it difficult to be engaged without support.

“This is an evidence-based approach to supporting people with intellectual disabilities to make choices and have control in their daily lives. It is based on a significant body of research from both the UK and Australia about the effectiveness of Person Centred Active Support and improved quality of life outcomes when staff use this approach to

Greystanes Disability Services led the development of an innovative free on-line learning resource for disability support workers in partnership with La Trobe University and with advice from the University of Kent's Dr Julie Beadle-Brown.

Greystanes staff have been trained by Dr Beadle-Brown and are available to facilitate Person Centred Active Support workshops, presentation and consultations to small and large groups.

“Every Moment Has Potential” emphasises the importance of Person Centred Active Support as a powerful approach for maximising choice and participation for people with an intellectual disability. The resource guides staff in how to provide skilled support to achieve this.

The resource includes video examples of real life situations, like a shopping trip or lunch at a café, to show how support workers can facilitate meaningful activities and interactions for the people they support.

The award-winning “Every Moment Has Potential: Person Centred Active Support Online Learning Resource” is available online.

www.activesupportresource.net.au.

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