

# Person-Centred Active Support



Individuals are always at the heart of what we do and Person-Centred Active Support (PCAS) is how we achieve this. This is a way of supporting people so they are engaged in meaningful activity and relationships as active participants. It means they can exercise more control over their lives and experience greater levels of inclusion, independence and choice.

PCAS is becoming more widely used across the sector. It's incorporated in our induction to ensure that everyone at Hft understands this way of working right from the beginning of their careers with us. It's just how we do things at Hft.



## David's story

**David, who has Prader-Willi syndrome, needs support in managing his diet and nutrition.**

After six years of living at another service he felt staff weren't listening to or respecting him. He decided to meet with Mo from Hft's specialist Prader-Willi service to find out whether moving to a different provider would make a difference.

Mo set about developing a support plan which was centred around David's needs and aspirations, while retaining the structures and boundaries he responded to. They planned a menu together, and Mo explained the house policy of keeping the kitchen locked at all times, which helped reduce David's anxiety around food.

With his support plan in place, David settled into his new home and started to lose weight. Staff worked with him to achieve his goal of going out for coffee by himself, and he has recently begun attending a woodwork class. His plan is to go to the gym and swimming centre independently in the future.

Ultimately David aims to manage his condition himself, but he knows that if he struggles, staff will step back in with the same structures and boundaries to support him.

 Call us today:  
**0117 906 1700**

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