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WHERE POSSIBILITIES TAKE FLIGHT

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Just Enough Support

Living in the Haven in Barrhaven



Multifaith Housing Initiative



Ontario

MINISTRY OF COMMUNITY
AND SOCIAL SERVICES



MILLS
COMMUNITY SUPPORT

Origins and evolution of the **JUST ENOUGH SUPPORT** approach to human services

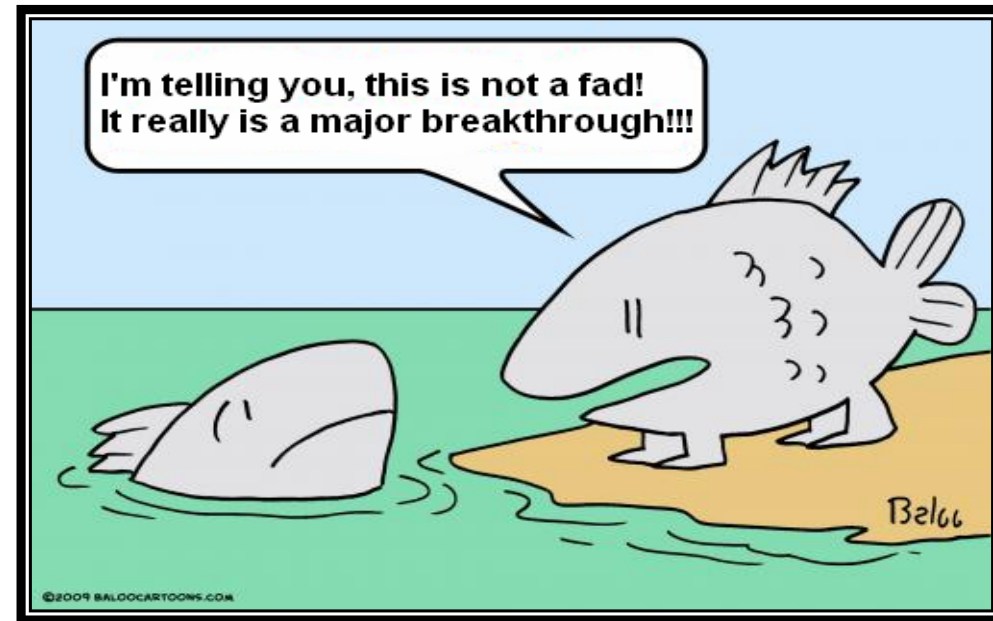
We can't be creative if we refuse to be confused

Change always starts with confusion

Cherished interpretations must dissolve

To make way for the new

~ Margaret Wheatley



All Together Now

Collectively figuring how to develop alternatives to *just* paid support!

Owen Cooper and Sally Warren (2010)



**Emerged from conversations and collaborations hosted
by John O'Brien and Helen Sanderson**



KEY QUESTIONS

- **What are people doing now or have done in the past in relation to informal, community and/or technology-based support?**
- **What has worked which others can build upon?**
- **What hasn't worked, why not and how can we try it differently?**
- **What new ways are there for us to try?**

“A Positive Approach to Risk Requires Person Centred Thinking”

Max Neill, Julie Allen, Neil Woodhead, Stephen Reid, Lori Irwin and Helen Sanderson (2008)

Services are good at highlighting the downside of risk – but poor at thinking about the great opportunities that facing up to risk and finding positive solutions in a creative and mindful way could mean for people, their families and their communities. Traditional methods of risk assessment are full of charts and scoring systems, but the person, their objectives, dreams and life seem to get lost somewhere in the pages of tick boxes and statistics.

Any positive approach to risk must include the basic tenets of all person-centred approaches:

- keeping the person at the centre**
- treating family and friends as partners**
- a focus on what is important to the person**
- an intent to build connections with the community**
- being flexible beyond conventional service options**
- continuing to listen and learn with the person.**



The concept of “just enough support” is about aiming to provide what is optimal – not too much and not too little – to increase the opportunity for people with disabilities to make connections with others in their community. Over-support is potentially as harmful as under-support by creating unintended barriers and dependencies.

And how would you like your porridge?
Too hot, too cold, or just right?



THE FUNDAMENTALS FOR DELIVERING JUST ENOUGH SUPPORT

- Look to opportunities for people to contribute through valued social roles and through taking on responsibility
- Create opportunities for people to demonstrate their capacity and resourcefulness
- Reduce the reliance on paid formal support, and create opportunities for alternatives to emerge (this is often the way people become more included in their communities)
- From the outset of a service relationship, explore how paid staff can supplement support from the family and friends - avoid giving the impression that the service provider has all the answers or responsibility
- Don't let "we've tried that before" limit anyone's thinking - experience and knowledge built up over the years can lead to improved approaches and surprising results
- Over- support can lead to other people and places in the community members little or no need to become involved in the lives of people with disabilities because the public believes "agencies and paid people do that"





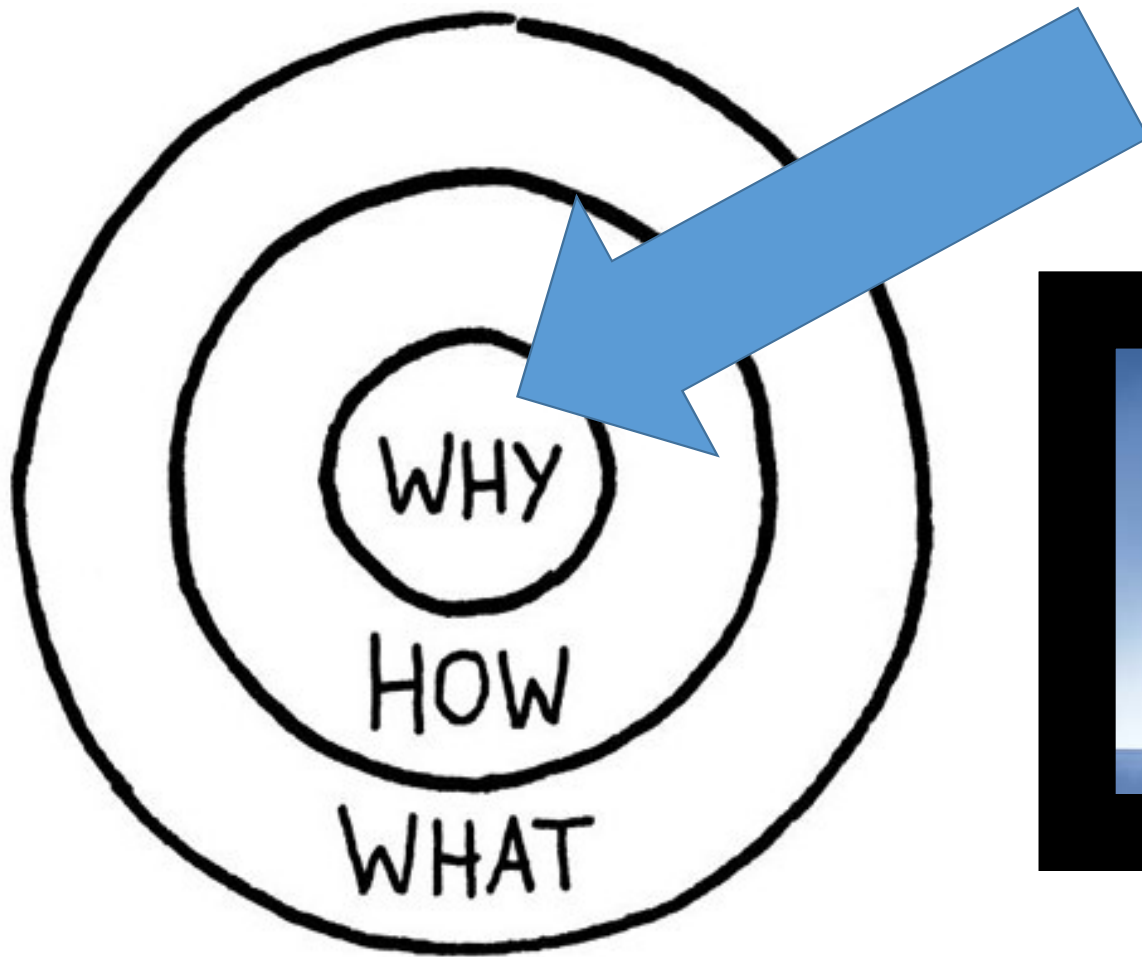
PARTICIPANTS + PARTNERS

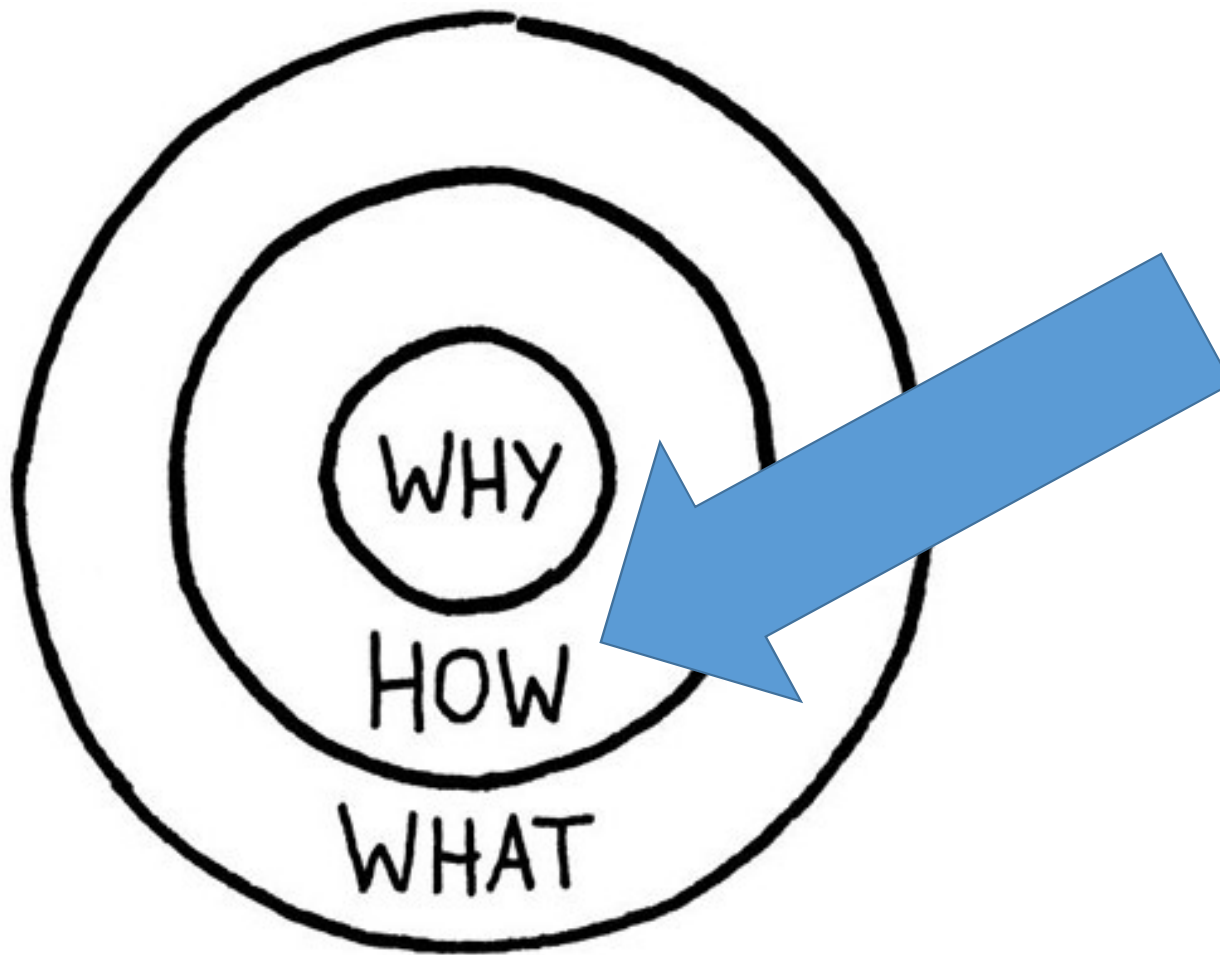
- Participants and their family members
- Multi-Faith Housing Initiative (MHI)
- Centretown Citizens Ottawa Corporation (CCOC)
- Neighbours and other citizens in the community
- LiveWorkPlay
- Mills Community Support
- Just Enough Support Training

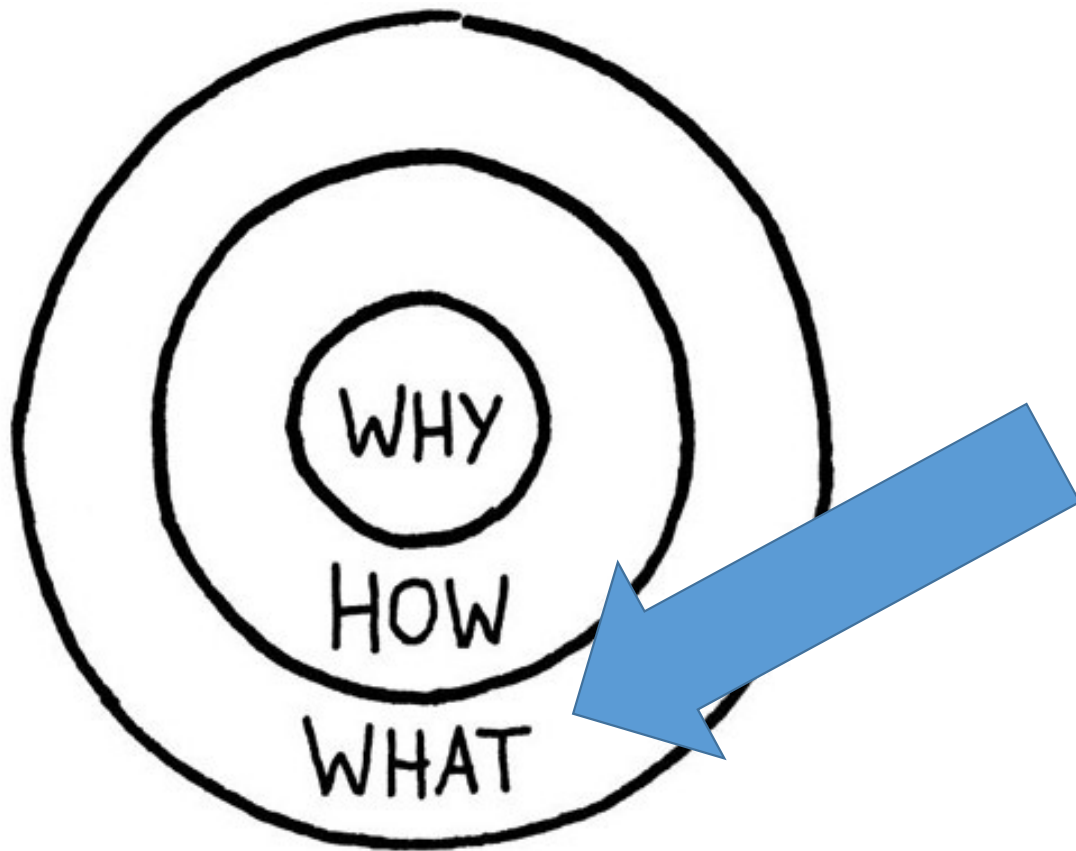


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THE DEVELOPMENTAL
SERVICES HOUSING
TASK FORCE











LiveWorkPlay.ca

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Life is holistic. Individual lives are not meant to be lived in the programmatic silos that typify human services. A good life is predicated on healthy relationships enjoyed with others in all aspects of the community.

~ Al Condeluci

