Capable Environments

We can help people with Learning Disability live a fulfilling life in the community by making sure we create an environment that meets their needs.

How to create a capable environment:
(Adapted from McGill et al., 2014)

✓ Positive social interactions.
Carers regularly interact with the person in a way the person enjoys and understands e.g. using pictures, intensive interaction.

✓ Support communication.
Carers understand how the person communicates. Clear communication guidelines or passport are in place to ensure this is followed in all settings, by all carers.

✓ Support the person to participate in meaningful activities.
Carers regularly encourage and help the person to engage with preferred home, leisure, work activities and social interactions e.g. community groups, shopping, music, sports.

✓ Consistent and predictable environment.
All carers support the person in the same way. They ensure the person understands as much as possible about what is happening now and next e.g. routine, visual timetable.

✓ Help the person to make or maintain relationships with family and friends.
Carers actively support the person to build and maintain relationships e.g. visit family, activities with friends.
✓ Regular opportunities for choice-making.
The person is involved as much as possible in deciding on what they would like and how to spend their time e.g. choosing activities, meals, who supports them that day.

✓ Encourage independence and opportunities to learn new skills.
Carers support the person to learn new skills, try new experiences and encourage independence as much as possible e.g. cooking, house chores, trying new activities.

✓ Personal care and health support.
Carers are attentive to the person’s personal and healthcare needs. They can recognise when a person is in pain/discomfort and gain support from healthcare professionals.

✓ Appropriate physical environment to meet the person’s needs.
The physical environment meets the person’s needs/preferences e.g. lighting, noise, space, temperature and safety.

✓ Mindful, skilled carers.
All carers understand the person’s needs and behaviours. They know how to respond and provide the appropriate support e.g. training.

✓ Support from management.
Carers receive regular support from their manager/s. The safety and quality of care for both the person and carer/s is successfully recognised and delivered.
