

1c7

Active Ingredients

Do

Find what it is about a specific act that really makes it successful for the person.

Story

Rob has been working in a café for one afternoon a week for five years and is approaching retirement. For Rob, the most important thing about the café is not the actual work or the wage, but the regular customers. Knowing this, Rob's supporters are helping him to begin visiting the café as a customer.

Hints & Hazards

One way of identifying the active ingredients is to ask, ‘what are the best three things about that activity?’ Don’t just complete a form – spend time chatting with and learning about the person. Ask permission to talk to family and friends. Look for connections and ask about them. Even in a single setting, different people will find different things to enjoy. For example, at a swimming baths, some people love the water chutes while others want to swim lengths or duck under the water.

As well as finding out the element of the activity that makes it good, deconstructing an established favourite activity can help us find others who may share part of the interest – ‘Samuel’s passion is fans. He loves to set up his

fans to blow air across his face, to move things around in space, to create cross breezes in his room ... if we started asking other students to tell us who else in the school is passionate about fans, we might draw a blank. So, instead, we ‘deconstructed’ his passion and started talking about the elements of his interest to see who else might share some or all. First we talked to the meteorology club and met students interested in wind and weather. They found Samuel’s fascination with the movement of air quite ordinary. Then we talked to a Physics teacher who gave us the names of students who were working together to build ultra-light model planes. We talked to students interested in mechanics.’ (*Tashie et al 2006, p126*)