

6a5

Build Confidence

Do

Support the person to build up the confidence needed to take up inclusive roles.

Story

Richard was isolated and felt unable to leave his flat. The supporter built a positive relationship at home and then they went out together for short visits that gradually became more adventurous. The supporter frequently encouraged Richard to acknowledge his own progress and achievements in becoming more confident.

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Hints & Hazards

It may be helpful to practise using the skills in a safe place before moving into an inclusive setting. Select all, or just one of the skills that the person will need and strengthen this. Pay attention to the feelings of confidence or uncertainty. These may not be addressed by simply pointing out the person's skills or competencies.

However, the teaching route may not be necessary. One project was working with a man who does not use words, enjoyed gardens but was afraid of dogs. It would have been easy to consider his access to the community to be very limited until a programme has been completed

to reduce his fear of dogs. Instead, he joined the Royal Horticultural Society and regularly visits Wisley Gardens, where he loves the beautiful gardens and dogs are banned.

Don't get trapped into viewing the preparation as the goal – it is simply a step on the path. Sometimes confidence grows by doing the activity rather than preparing for it.