

EMPOWERING AND PROMOTING INDEPENDENCE



What do you think these items are used for?



Empowerment



No matter how limited a SU abilities are they should 'have a say' about their lives. Some people need help with empowerment due to their age or circumstances e.g

- Children and young people
- Individuals with physical or learning disabilities
- Empowerment is important as it allows people to make choices about treatment or services.
- Empowering a SU promotes independence because they will feel more in control over their situation, this could be something small like choosing a meal or item of clothes or bigger like the kind of treatment they want to have.

Independence



When people lose their independence it is important to be patient with them. Avoid doing everything for them, such as washing, dressing and feeding them.

- Give the individual tools to do what they can for themselves
- Allow them to express their wishes.

Loss of independence can be caused by –

Depression and anxiety, physical conditions, sensory impairments, dementia, lack of money, social isolation, chronic pain or an accident



Summary

- Give the SU all the information they need to make a decision
- Ask SU questions, get their opinion
- Allow SU to contribute to discussions
- Encourage SU to make decisions
- Encourage the SU to do tasks independently, with aids if needed
- If appropriate show the SU how to do task independently then allow them to do it

Task



Mr Ahmed has arthritis, his joints are sore and swollen. He used to be a solicitor and write also but his fingers are very stiff and sore and he struggles with everyday tasks

- Research useful equipment that will give him empowerment and independence with eating, moving, hygiene and communication