

2.1.3 (a) (b) The Importance of Active Participation on Development and Well-being

For the exam, you will need to know and understand how individuals can take responsibility for their own care, health and well-being, to support a sustainable health and social care, and childcare system in Wales.

What is active participation?

DEFINITION:

Active participation is a way of working that regards individuals as active partners in their own care rather than passive recipients. Active participation recognises everyone's right to participate in the activities and relationships of everyday life as independently as possible.

Participation for individuals?

Active participation provides many benefits, including:

- **greater control** over decisions about their lives, including their care and support
- **increased opportunities** for learning and development of **important skills and knowledge**
- **education and employment**
- **social contact and interpersonal relationships**
- participating in everyday activities that are important to them as **independently** as possible
- enhanced feeling of **self-worth** and **confidence**
- **decreased vulnerability** and scope for abuse by others
- **improved physical and mental health, and resilience.**
- **Active participation** is a process that applies to all life stages. For young children, parents/carers could be the active participant on their behalf.
- Active participation is an approach that empowers individuals.
- Active participation is a person-centred approach.

Active participation values every individual by ensuring:

They can make Informed choices

They have independence

They are listened to

They can assess their own needs

They can choose their own support

They are able to lead a full active life

They can state their views

They can draw up their own support plan

They are in control of their care

They can continue to be able to use their skills

They are regarded as a partner in their own care

They are supported

They are fully in control of decisions