







































# Reviewing recordings

It is important that the HOP record sheets do not become shredded paper for stuffing boxes.

Every few weeks somebody needs to read through the record sheets and make a short summary of things that have been working, things that haven't been working, and things to try.

Looking at recording sheets can help services decide on new resources that need to be purchased based on what people are interested in.

## ***Example: Some things learnt in term 1***

**Things that worked:** massage on arms & legs, different tastes, really close face to face

**Responses to look for:** smiles, sucking, laughs, making sounds, holding looks

**Things that didn't work so well:** lying on her back (she fell asleep), complex rhymes

**Important learning points:** Anita needs active attention; this means touch and close contact. Keep trying if Anita seems dozy, if you leave her she'll just sleep, but if you interact she may join in.

# Reviewing HOP

The HOP program also needs to be reviewed. Staff need to consider whether HOP is working for them. They may need to look at different ways of scheduling HOP, for example, having HOP time for everyone in the afternoon, or a HOP schedule, doing HOP with a person everyday or once a week.

HOP should also be reviewed from the perspective of how people are feeling about doing HOP. For example, are they finding it hard to do HOP with particular people, do they need new ideas, are they becoming stale?

HOP can be adapted to the place and situation — as long as it is always the approach of spending time with a person, giving them 100% attention, with an attitude that all people need interaction.

# Things to think about...

Being involved in HOP may bring up many issues. It is important that staff have an opportunity to be able to discuss these issues in an open and professional environment. It is important that issues are addressed in a way that supports good team work, ethical practice, and enhancing the quality of the service given to a person with a disability. In some cases external support may be required to inform discussions, such as speaking with an expert in the area, or referring to literature.

Some issues that may arise:

- use of touch in interactions
- use of children's songs in interactions
- interacting with people that you don't particularly like
- using play in interactions
- interacting with people who might hurt you or themselves
- not having time for HOP
- doing "HOP" but not recording HOP
- responding to other service users when you are in HOP with somebody.

# Improving HOP

Some people take to HOP like a duck to water. They just seem to be intuitive and easily build interactions with people. Other people struggle to work out what do in HOP.

Reflecting on what happens in interactions between parents and young infants can help give ideas of things to try in interactions. This is not suggesting that the people that we are working with are infants. It is saying that a knowledge of early learning can help when having interactions with people with profound intellectual and multiple disabilities.

There are many books and videos available on early learning skills.

HOP can also be improved through an understanding of other more sophisticated approaches like Intensive Interaction (see references). Understanding sensory processing can also improve the quality of interactions. Allied health professionals may be able to help you with these practices.

# Where to from here?

HOP brings an attitude and an approach

BUT

HOP does not tell you what to do and when to do it.

Teams need to work out:

- Which people with a disability will benefit from HOP?
- Which staff are going to do HOP?
- When are they going to do HOP?
- How are they going to make sure that HOP sessions are not going to be disrupted?
- Who is going to review HOP records?

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Sometimes adults with severe-profound intellectual disabilities end up on the edge of interactions. Their unique needs in interactions mean that sometimes they miss out on the company that they need.

HOP, or the Hanging Out Program, is a simple approach for making sure people don't miss out. It is both an approach and an attitude for being with people.

HOP is easy to use and implement.

Opportunity for reflection is built into HOP, alongside a way of documenting what has been learnt.

*HOP was developed by Sheridan Forster while working at Yooralla First Base, in St Albans, Victoria. Sheridan is a Speech Pathologist and researcher interested in interactions between disability support workers and adults with profound intellectual and multiple disabilities.*



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