

**Supporting Inclusion**

**Activities questions**

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Module 1: Understanding social inclusion

Activity 1

Think back on some of your own encounters with strangers, and describe 2-3 of those encounters that were particularly meaningful for you, for example:

1. a gesture or a word said to you by a stranger that has made you feel welcome or unwelcome in a place
2. a brief encounter with a stranger that has challenged some of your initial pre-conceptions about a certain 'social group'
3. a situation where seeing yourself through the eyes of a stranger has taught you something new about yourself

[Type your answer here]

Module 2: Exploring your community

Activity 2a: map meeting places in your own community

Select any four places in the local area (neighbourhood or suburb) where you live, such as a park, a shop, a café, an entertainment venue, a library, a community centre or other. Include at least one place you have never visited before.

You can find ideas and information about such places in your local newspaper or google maps.

Make time in the next two weeks to visit each of these places at least once. Think of yourself as an explorer, an amateur detective trying to capture the atmosphere and essence of places just by strolling through and observing the physical settings and the social interaction that is taking place there.

Based on your observations, describe in a few sentences whether the place is welcoming, and whether the atmosphere in the place is sociable or alienated, intimate or impersonal, inclusive or exclusive, vibrant or dull. Which of the places you visited would offer the best opportunities for you to encounter strangers.

[Type your answer here]

[Type your answer here]

Activity 2b: map meeting places in the community of the people you support

Now that you have mapped meeting places in your local area, it is time to try and map meeting places in the area where a person with intellectual disability you support lives.

You can do this individually, or as a team (for example, a team of disability support workers working in the same area).

Start by listing a number of places in the local area which you think might potentially be good ‘meeting places’. Include both familiar and unfamiliar places.

Then, like in the previous exercise, visit those places and take notes based on your observations: are these places accessible and welcoming for people with intellectual disability? Sociable or alienated? Intimate or impersonal? Inclusive or exclusive? Vibrant or dull?  Which of these places would offer the best opportunities for people with intellectual disability to encounter strangers and experience social inclusion?

[Type your answer here]

Module 3: What gets in the way? Barriers to social inclusion

Activity 3

In your experience as a disability support worker, what community attitudes have you faced that prevented opportunities for encounters and social inclusion?

[Type your answer here]

Module 5: Making encounters happen

Activity 4

Should a support worker proactively try to initiate encounters for a service user who is shy, and usually prefers to avoid social interactions with strangers?

Write down some examples of tactics you have used to initiate encounters for the person you support?

[Type your answer here]

Module 6: Managing encounters

Activity 5

Think of situations where you have acted as an interpreter to facilitate more effective communication between a service user and a stranger.

Did you manage to interpret their messages to each other? Would you do things differently now?

[Type your answer here]

Module 7: Challenging encounters

Activity 6

In the video example, the support worker explains Larry’s behaviour to a stranger, but does not try to stop Larry from taking the bottle without permission. Do you think the support worker did the right thing? Would you have done it differently?

[Type your answer here]

Activity 7

In the example video, do you think the support worker's intervention in the conversation between a service user and a hairdresser was necessary and appropriate? Why?

[Type your answer here]

Activity 8

Can you share an example from your own experience of trying to deal with a stranger who has treated the person you support disrespectfully? Would you do things differently now?

[Type your answer here]