

How support workers help people with complex disabilities do activities

Easy
read



Who we are



We are Sense. We support children and adults who are **deafblind** or have **complex disabilities**.



Deafblind means you cannot see or hear well.



Complex disabilities means you have two or more disabilities and need lots of support with your daily living.

What is this leaflet about?



This leaflet is about how support workers help people with complex disabilities do activities at Sense.



Support workers help people with complex disabilities with everyday things like cooking, washing or paperwork.



Activities can include sport, exercise and fitness. For example, walking, running or cycling.

What we did



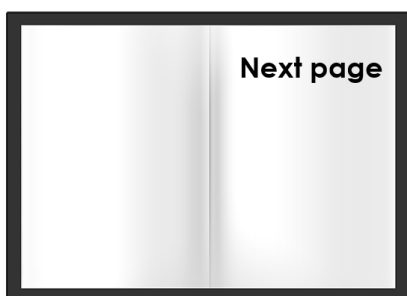
We talked with 14 people who work for Sense in England.



We asked them some questions about support workers and activities at Sense.



Their answers help us know what support workers think about activities at Sense.



The questions we asked and people's answers start on the next page.

What we found out

We asked: How do support workers feel about helping people with complex disabilities do activities?



Most support workers think activities is important and can help people with complex disabilities people to feel good.



Support workers who have worked at Sense for a long time feel better about helping people with complex disabilities do activities.



This is because they understand the people they support and what they need. They also know more about what people do and don't like.

We asked: How do support workers feel about helping people with complex disabilities do activities?



Support workers who like sport also feel better about helping people with complex disabilities people do activities.



This is because they enjoy doing activities and enjoy helping other people do activities.



Some support workers think it is sometimes be more important to help people with complex disabilities with other things like shopping.

We asked: How do support workers help people with complex disabilities do activities?



Support workers need a lot of skills to help people with people with complex disabilities do activities.



They need lots of skills because different people need different types of help.



Support workers think of different activities people can do.



Support workers also help people feel better about activities.

We asked: What do support workers find hard when they help people with complex disabilities do activities?



It can be hard to get transport to take people to activities in the local area.



Some places where people do activities do not support people with complex disabilities.



It can be hard to know if people like doing activities or not.



Some people with complex disabilities do not have enough money to pay for activities.

We asked: What help do support workers want?



More training on how to help people with complex disabilities do activities.



More information about what activities people can do in the local area.



More activities equipment in leisure centres and gyms that is easy for people with complex disabilities to use.

We asked: what can Sense do to help support workers



Make it clear that support workers should help people with complex disabilities do activities.



Help support workers feel OK about talking to people with complex disabilities about activities.



Help support workers run more activities at places that Sense runs.



Help other local places do activities for people with complex disabilities.

How we made this leaflet

We are called Traverse.

We spoke with support workers at Sense about how they help people with complex disabilities do activities.

You can read the big report on our website. It does not have easy words.

www.sense.org.uk/sport

You can contact Traverse if you have any questions.

Traverse created this document.

They did their best to give the most helpful and correct information.

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Where the photos in this leaflet came from

The images in this leaflet are from [Photosymbols](#).