

# SUPPORTING MEMBERS IN HFC PROGRAMS

## HELPFUL INFORMATION

We welcome parents and caregivers in our programs as active supports for their HFC members. HFC staff and volunteers provide general support to members, but if an individual needs a lot of assistance, we ask that a parent or caregiver participate in the program alongside their member. We recognize that the amount of support a member may need often changes from program to program, and it can be difficult to determine when to assist someone or when you should give them space to participate on their own. You can always ask HFC staff if it would be helpful for you to provide support during programs if you aren't sure.

### PLAN ON BEING AN ACTIVE SUPPORT TO YOUR MEMBER IF:

- Member needs physical assistance to carry out an activity we are doing in programs
- Member tends to wander away from the group or gets distracted easily, and we are in a setting where that could be dangerous
- It is necessary to provide support to keep member safe during an activity
- Member needs support with assistive technology
- Member can become physically or verbally aggressive with others
- If you do stay to support your member, please remember to
  - Encourage participation
  - Allow for independence while remaining a support
  - Interact with other members and the whole group, not just the person you brought

### PLAN ON REMAINING ON THE SIDELINES IF:

- Member can safely participate in the HFC activity taking place with minimal support
- Member has a health condition, such as a seizure disorder, that could cause them to need medical intervention during an HFC program
- Member needs assistance using the bathroom
- Member needs medication administered to them during the program
- Member has difficulty with social boundaries and requires someone to remind them at times what is needed to be socially appropriate

### PLAN ON DROPPING A MEMBER OFF IF:

- Member is comfortable attending HFC programs independently
- Member can safely participate in HFC programs without assistance
- Member does not need assistance using the bathroom
- Member does not need medication administered to them during the program
- Member does not tend to be physically or verbally aggressive with other

### NOTE ABOUT MEMBER SAFETY/DROP-OFF:

\*\*If an HFC member is able to arrive to HFC classes and/or depart classes without a parent/caregiver present, we need permission to be given for this on our member questionnaire (see 'required forms for members on page 17). Otherwise, the expectation is that HFC members will be signed into class by a parent or caregiver and will be picked up after class by a parent or caregiver.\*\*