

What is the HOP approach?

The HOP approach is very simple. It is about putting aside 10 minutes to spend with a person. In this 10 minutes 100% of the worker's attention is given to the person with a disability.

What you do in the time is up to you, but it is essential that you are focusing on the person.

Sometimes the best way to start HOP is to just sit with the person, watch what they watch, listen to what they listen to, feel what they feel.

Spend 10 minutes with the person giving them 100% of your attention

HOP

Staff name: _____ Client name: _____

Date: _____ Time: _____

Place: _____

What happened? _____

What worked well? _____

What didn't work so well? _____

What would you try in the future? _____

(Make lots of copies of this page!)

Recording what happened

Take 2—3 minutes to write down what happened. Keep it simple, catching your thoughts of what you felt was significant.

This record will be important for helping to tune into the person with a disability. It will be helpful for colleagues. It will also be a record of outcomes of being involved in HOP.

We have found that it is a good record to be able to show parents.

Try different things with the person and watch how they respond. Do they respond quickly, slowly, negatively, positively, with interest, or withdrawal?

Sometimes people respond best to things that they already do themselves. Observe what they do if you repeat a sound or a movement that they make?

What is the quality of interaction? Is it slow, quick, loud, soft, simple, repetitive ...?

Above all does it seem to be meaningful to the person that you are with?

Record what happened
in the 10 minutes

Ideas for interactions

Watching things moving in space

Being face to face

Squeezing each other's hands

Having sneezing conversations

Tickling

Swinging arms

Building anticipation

Reaching out for things

Play hitting/kicking fights

Copy cat faces

Finger watching

Arm wrestles

Blinks and winks

“High five, low five, too slow”

Anything that you can take turns in

“Round and round the garden”

Sound play

Play face slaps: if you get your face in front

of the person's hands it can be like slow

motion kung fu!

Air blow on hands or cheeks

Raspberries and stick your tongue out

Gossip whispers

These things must always be done with a **spirit of respect** towards the person. They must not be done in a negative, domineering, or threatening way.

Some people worry that copying a person is putting them down. Copying people can be done in a way that is **respectful**, joining in, and sharing with a person. It also means that they have a ready made way of responding back, by doing the same thing.

Always look for the person's reaction and **stop things** if they clearly don't like them. But don't give up on a person, just explore a different avenue.

Once you've found something that works see what happens when you pause for a second. Does the person anticipate that you are going to do something? Do they show you that they notice something different?

Always remember that YOU are the best piece of multi-sensory equipment around. You are the most flexible, adaptable, responsive, and interesting piece of equipment!