

HOP to HYP!

HYP (HOP Hanging Out Program) is a way of ensuring that nobody goes through the day without spending some time in interaction with another person.

HYP

Some people are at risk of isolation because they can't start interactions with other people, they have difficulty keeping the interactions going and they have very unique interaction styles.

HYP

The HYP approach is very simple. It is about putting aside 10 minutes in a day to spend with a person you want to interact with. In this 10 minutes 100% of your 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.

HYP

HYP can be used anywhere: at home, school, group home, kindergarten, day activity center. You just need the willingness to spend time with the person, the ability to observe what is meaningful to the person, and the flexibility to drop things that are not working and come up with something else.

HYP

HYP (HOP) is developed by Sheridan Forster. She is an Australian Speech Pathologist and researcher interested in interactions between disability support workers and adults with profound intellectual and multiple disabilities. Tikoteekki has translated and disseminated HYP approach in Finland.

HYP is simple but powerful!

Read more about HOP in English:

<https://sheridanforster.com.au/services/hanging-out-program-hop/>

Read more about HYP in Finnish:

<http://papunet.net/materiaalia/hyp-huomioiva-yhdessaolo>

