What is a Direct Support Professional?

A Direct Support Professional or DSP actively support person(s) with intellectual and developmental disabilities in maximizing their independence, self-advocacy, and decision making in the community, at home, or work.

**Direct Support Professional**

- **Community**: Support participation in existing or new activities that promote inclusion in the community.
- **Choices**: Support people to make informed, independent, decisions about their life.
- **Goals**: Encourage and support people in defining personal and employment goals and measuring success.
- **Personal Care**: Promote independence and provide assistance with personal care such as showering, dressing and other activities of daily living.
- **Relationships**: Encourage healthy relationships and natural supports, such as friends, family, and community members.
- **Documentation**: Record activities, medication, and other required paperwork using a computer or mobile device.
- **Health & Safety**: Provide support in accessing medical care, taking medications, and ensures safety through the dignity of risk.