Physical and Emotional Well-Being

CODE OF ETHICS

The NADSP Code of Ethics serves as a straightforward and relevant guide for direct support professionals (DSPs), helping them resolve the ethical dilemmas they face every day and encouraging them to achieve the highest ideals of the profession.

The **Physical and Emotional Well-Being tenet** of the Code of Ethics takes into consideration the role of a DSP, and the well-being of a person supported. The tenet states, “As a DSP, I will promote the emotional, physical, spiritual, and personal well-being of the people I support. I will respect their autonomy while ensuring safety and reducing harm.” In addition to this, the tenet asks DSPs to commit to maintaining their professional boundaries, report abuse to the appropriate people, advocate for less restrictive plans, and recognize the impact of past and present trauma. A few other ‘asks’ from this tenet include supporting decision-making, while identifying risks and communicating said risks; inform people supported of their right to not be harmed and how to advocate for themselves should harm occur; teach other professionals the signs and symptoms of other health concerns, including emotional health concerns. Last, but not least, assist people in understanding more about their sexual and reproductive health, coordinating with other professionals when necessary.

TOP TENET TIPS

- Respect people’s choices and inform them of risk.
- Educate yourself on different wellness topics (movement exercises, breathing exercises, creative activities)
- Ask questions! Don’t be afraid to ask someone “How can I support you right now?” or “Is there anything you would like me to do differently?”
- Attend professional development trainings to deepen your understanding.
- Ensure people know their rights and the Dignity of Risk!
- Speak up! Even when it is intimidating or scary. You can make a huge difference in someone’s life.



Scan to download full Code of Ethics