College of Direct Support

How a Strategic Approach to Training DSPs Enriches Lives.

The Research and Training Center on Community Living at the University of Minnesota’s Institute on Community Integration conducted a five-year study on the impact of carefully planned, competency-based training.

- **11 Organizations**
- **854 Direct Course Professionals**
- **333 People with Intellectual & Developmental Disabilities**

Participating organizations provided their DSPs with:

- mentoring on each topic
- online training through the College of Direct Support
- group discussions

**For Direct Support Professionals**

The study showed dramatic improvement compared to the control group.

- **16.4% lower turnover**
- **2x faster growth**

Greater satisfaction with supervisor relationships

**For Individuals Supported**

The study also revealed that, for people with intellectual and developmental disabilities who receive support, a well-trained DSP can make a huge difference.

- More likely to spend time with family
- More likely to be empowered to set own schedules
- Improved feelings about relationships with friends