

person
centred
thinking
and health

This little book of person centred thinking tools gives you an opportunity to start supporting people in ways that really matter to them. It offers practical ways to gather information and to start to set actions that make a real difference.

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Some of this information has
been taken from Essential Lifestyle
Planning for Everyone, Smull and
Sanderson, 2005



The Learning Community
for person centred practices

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sorting important to/for

what it does

Sorts what's important TO (what makes us happy, content, fulfilled) from what's important FOR (health and safety, being valued) while working towards a good balance.

how this tool helps

As a way of separating what is important to the person and what support they might need to help keep them healthy and safe.

Helping support staff know exactly how they need to assist an individual.

As the key part of a health profile and Health Action Plan.

sorting important to/for

a quick glimpse

important TO

important FOR

need to learn/know

what it does

Identifies specific responsibilities -
core responsibilities
using judgement and creativity
not a paid responsibility

how this tool helps

Clarifies the roles of the different health professionals and agencies who might be involved in meeting a persons health needs.

It helps you to know where you can be creative.

Helps promote independence by identifying what is not our paid responsibility.

a quick glimpse



what it does

Identify who is important to a person or family.

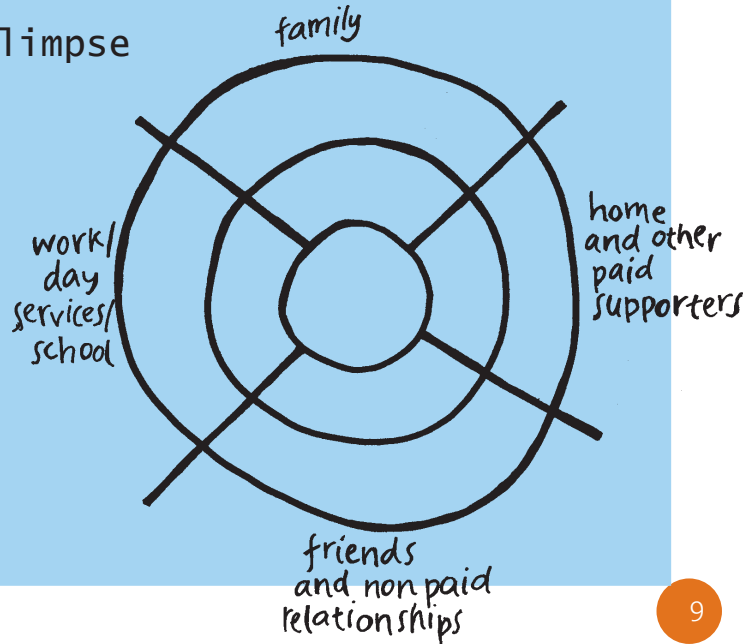
how this tool helps

It helps us learn who is important to a person, and therefore who they might want included in discussions about health needs.

It is a way of identifying all the different professionals in a person's life, particularly those who might be involved in helping meet a person's health needs.

It helps identify all the people who might need to know about particular aspects of a person's health, including friends, unpaid staff or volunteers.

a quick glimpse



what it does

Helps us focus on people's communication whether they use words to speak or not.

Whenever what the person does communicates more clearly than what they say.

how this tool helps

Help us to understand how people who are not able to communicate well with words may tell us that they are feeling unwell.

Tell us what we need to do when people are feeling unwell or well.

Help us to appreciate that sometimes what people say or do and what they actually mean may be different.

Helps all the different health professionals who might be involved in a person's life to be aware of how an individual communicates their needs and wishes.

a quick glimpse

we want to tell...	to do this we	helped/ supported by

at this time	when this happens	we think it means	and we do this

what it does

Directs people to look for ongoing learning. A structure that captures details of learning within specific activities and experiences.

Provides a way of recording information which focuses on what needs to stay the same and what needs to be different around how we support people.

how this tool helps

Gives us a way to learn about and share important information about a person's health.

Is very adaptable so can be used in a variety of settings e.g. around the home; when going to a health appointment; when doing an activity.

Can contribute to health notes or records to help us focus more clearly on critical information about a person.

Provides us with important details about how to effectively help people meet their health needs.

a quick glimpse

date	What did the person do? (what, where, when, how long?)	Who was there? (name of people supporting the person, friends and others).	What did you learn about what worked well? What did the person like about the activity? What needs to stay the same?	What did you learn about what didn't work? What did the person not like about the activity? What needs to be different?

what's working/not working

what it does

Analyses an issue/situation across different perspectives.

Provides a picture of how things are right now.

how this tool helps

Provides us with information from different people's perspectives about what's working and what's not working.

Tells us what we need to do more of and what needs to stay the same.

Can be useful when thinking about medication.

Can act as a catalyst for seeking assistance from various health professionals.

The issues identified as 'not working' provide us with actions for a person's Health Action Plan.

what's
working

a quick glimpse

perspective 1

perspective 2

perspective 3

what's
not
working

what it does

Helps people focus on what they are learning from their efforts.

Given that learning, a way to focus future efforts.

how this tool helps

Clarifies what to build on, maintain or change.

Can be useful when thinking about health issues.

Can be used with individuals and their families, with staff members or by a multi-disciplinary team who are looking at a person's health.

Can be used to review actions from plans and plan further actions.

a quick glimpse

1

What have we tried?

2

What have we learned?

3

What are we pleased about?

4

What are we concerned about?

5

Given what we know now,
what next?

what it does

Helps us to think about decision making and increasing the number and significance of the decisions people make.

how this tool helps

Helps us to think about how much control and power people have in their lives.

To clarify how decisions about health matters are made e.g. taking medication; calling out the doctor; having surgery.

To increase the choice and control people have in their lives.

To think about how decisions are made in advance of a crisis situation.

a quick glimpse

important decisions in my life	how I must be involved	who makes the final decision

what it does

Helps us to think together about what helps the person to stay well, looking at what contributes to them becoming unwell and creating an action plan around this.

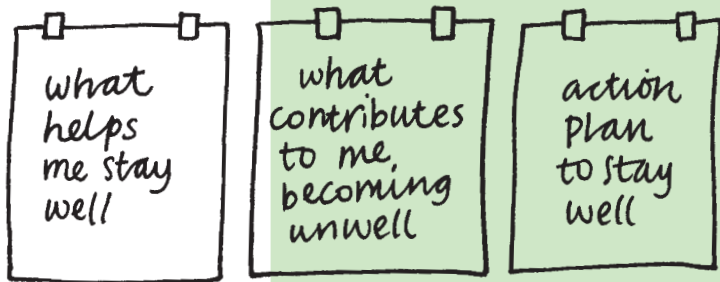
how this tool helps

Providing clear information about what the person wishes to happen when they are unwell.

To keep the person fully involved.

Creating an action plan to help the person stay well.

a quick glimpse



what it does

A person centred way to meet, review progress and agree actions. There are three styles of person centred reviews - the working/not working review, the important to/for review and the Citizenship review.

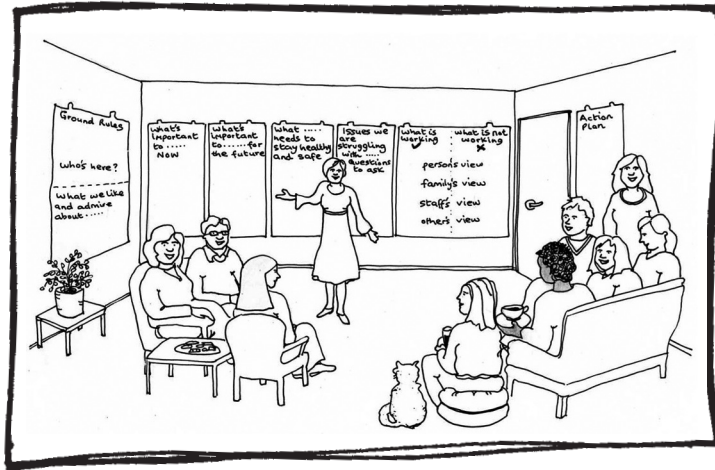
how this tool helps

An individual can ensure their voice, and the voice of those important to them is heard.

Everybody has the opportunity to contribute.

Actions are generated that will help the person stay healthy and well.

a quick glimpse



what it does

Identifies the qualities that people like and value about each other.

how this tool helps

Although not directly related to health, this helps us to appreciate a person's strengths and qualities - the attributes that make them who they are.

Helps us to focus on the good qualities a person possesses rather than on what's 'wrong' with them as is often the way, especially when people have complex health needs.

Like and admire

a quick glimpse





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