

person
centred
thinking

with older people

Older people want real choices and the responsibility to choose the best possible lifestyle for them with the support they need. This little book of person centred thinking tools gives you an opportunity to start supporting older people to lead the lives they want by offering 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

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Appreciations

How this tool helps

Acknowledges and appreciates the qualities and strengths of the person.

Shows the person as they really are and counters the frequent focus on what is wrong with older people.

Identifies those who have a personal connection with the person and those who really know what is important about them.

Tells us what people like and admire about themselves.

What it does

Identifies the qualities that people like and value about the older person.

A quick glimpse



What it does

Identifies who is important in the person's life.

How this tool helps

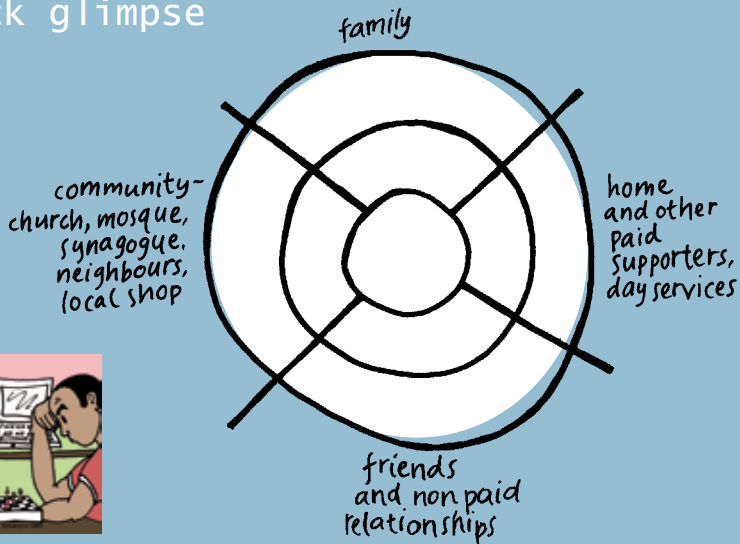
Captures who is most important to the older person and in what way.

Helps to identify the network of relationships that an older person has.

Helps clarify who to speak with when developing a plan.

Gives a fuller picture of the relationships that must be strengthened or supported in the person's life.

A quick glimpse



Sorting important to/for

What it does

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

How this tool helps

Helps with engaging with the older person.

As a way of checking that what is recorded in a plan makes sense to the person.

As an everyday tool to help identify changes in someone's situation.

As a way to make a sensitive assessment of someone's personal needs or a one page profile.

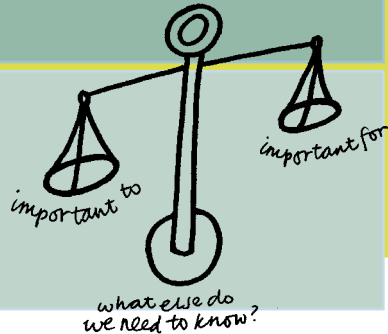
Sorting important to/for

A quick glimpse

Important TO

Important FOR

Need to learn/know



How this tool helps

Gives people choice and control.

Whenever behaviour communicates more clearly than words.

Allows the person to be better supported in different situations.

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

What it does

Gives a snapshot of how someone communicates.

Records a richness of information for people who use words to speak and particularly for people who don't.

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

How this tool helps

As part of an assessment to see the person in the context of their own story.

Moving on from appreciation to show what is important in a person's life.

Identifies things that the person has in common with others.

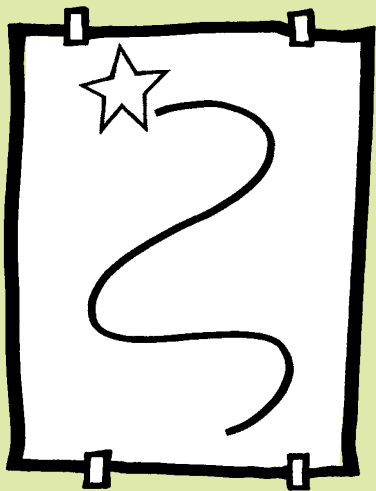
When designing support that makes sense for the person.

What it does

Gives people the opportunity to understand and appreciate the older person in a different way.

Allows staff and families to develop a different relationship with the person.

A quick glimpse



How this tool helps

Helps to enrich the person's life and increase choice and control over what happens to them.

Helps to personalise the support someone receives in order for them to have a good quality of life.

Can build confidence and boost low moods.

Identifies goals and supports people to reach them.

What it does

Helps people to think about what is important to them and how to begin moving towards this.

A quick glimpse



How this tool helps

Helps us learn what needs to be present and what needs to be absent in someone's life.

Identifies what is important to the person and how to best support them.

Helps us understand who might support someone best and what their characteristics are.

Provides information to people who do not know the older person well.

What it does

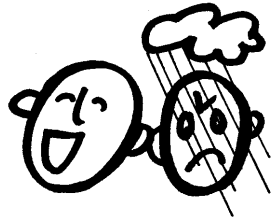
Explores what makes a bad day and a good day.

Enables the person to make change to help them have more good days.

A quick glimpse

Good day

Bad day



Working/not working

How this tool helps

Identifies areas to build on and what needs to be changed.

Engages people who are important in the person's life and allows them to contribute to improving it.

Helps people stand back and look at a situation and try to change what needs to be changed.

Helps resolve problems and concerns.

What it does

Analyses an issue or situation across different perspectives; especially the older person's.

Provides a picture of how things are right now.

What's working

A quick glimpse

Perspective 1

Perspective 2

Perspective 3

What's not working



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