

Strength / Asset Based Planning

Whilst discovering what people need, we need to continue to focus upon the things that people are good at, how they can contribute and feel good about themselves.

A starting point is to find out what is important to the person. Based on a variety of topics for conversation, ask the person to put the topics in order of importance to them:

- **Very important**
- **Important**
- **Sometimes important, sometimes not**
- **Not important**
- **Really not important**

In discussing each topic, the person will question what the topic means in different contexts, encourage this discussion. Talk about examples of when it is important to the person and when it is not, in relation to the subject matter. It is the narrative that is important. The rich discussion gained throughout this process provides the assessor with a very detailed understanding of where the persons priorities lie. Sometimes it can be helpful to ask a challenging question, or dig deeper into the answer given. For example, you might say 'In this question you gave X answer, however in this situation you have talked about Y, what is different?'

Here are some topics you could discuss. You may wish to print them off onto cards and add pictorial images that will help the person to recognise the topic of discussion. This is not a tick box session. You should seek for provider services to explore topics to enhance their understanding of the person and their values

Having tradition in my life	Being part of a community	Fitting in
Having people think well of me	Accepting things as they are	Being one of a kind
Being creative	Being seen to be caring	Finding out what makes people tick
Having lots of interesting things to do	Having holiday plans	Having a comfortable home
Being really good at something	Having a close family	Inner peace
Being part of a team	Making a contribution	Allowing others to be themselves
Living in harmony with others	Exploring new ideas	Having a place where I belong
Feeling as well as I can	Feeling safe	Having enough money
Taking risks	Being in charge of my own life	Making people laugh
Being healthy	Managing money	Being honest

Sharing things	Being emotionally strong	Having a strong spiritual life
Keeping busy	Being wise	Keeping fit
Manipulating	Being in control	Being caring
Supporting others	Getting along with others	Having things in order
Having things organised	Having enough time	Competition
Exploring my past	Exploring the past	Having beautiful things around me
Having physical strength	Having things	Winning
Having lots of food in the cupboards	Having things be predictable	Having a social life
Being a member of a family	Seeing the funny side of things	Understanding things
Learning and growing	Having fun	Having free time
Being alone	Being the best that I can be	Having a good friend
Having people that I can trust		

Possible Questions

1. Thinking about things that you enjoy at home what is important?
2. Thinking about things that you do for fun or as hobbies what is important?
3. Thinking about the food that you eat, what is important?
4. Thinking about the things that you drink, what is important?
5. Thinking about the things that you like to watch on the television, what is important?
6. Thinking about things that you like to listen to, what is important? (Podcasts, music, radio, You Tube etc)
7. Thinking about how you like to get out and about, how do you prefer to travel?
8. Thinking about money, what is most important to you?
9. Thinking about religion and culture, what is important to you?
10. Thinking about health and fitness, what is important to you?
11. Thinking about the people around you what is important?
12. What is the best part of your day and why?
13. What is the best part of your week and why?
14. What is the best part of your weekend and why?
15. What was the best time you ever had? Why?
16. Who do you like to spend time with and why?
17. What would you have on your bucket list?
18. What would you never want to do?
19. Is there anything that you used to like doing that you don't do now?

Further conversation suggestions

Here are some resources that you might find helpful to stimulate further conversation. These are tools that you can use or adapt to fit with the person and the situation.

Thinking about sport, recreation and leisure tick the things that you really like, circle the things that you like now and again and cross the things that you don't like.

Sport and physical activities

Things that I like to do alone

Gym	Gymnastics	Mountain biking
Swimming	Kayaking	Golf
Exercise class	Track events	Skate boarding
Running	Parkour	Weight lifting
Bicycling	Archery	Dancing
Skiing	Horse riding	Roller blading
Climbing	Martial arts	Trampolining
Surfing	Fencing	Ice skating

Things that I like to do with others

Athletics	Tennis	Volleyball
Badmington	Table tennis	Handball
Curling	Hockey	Boxing
Darts	Netball	wrestling
Cricket	Sailing	American football
Football	Snooker	Baseball
Bowls	Pool	Rounders
Fencing	Squash	Baseball

Now go back and identify things that you have been good at, or are currently good at.

Arts and entertainment

Things that I like to do

Theatre and acting	Making jewellery	Body art
Gigs and concerts	Pottery	Tattoos
DJ sets	Glass works	Leather work
Lighting and sound	Iron work	Quizzes
Comedy	Social media	Comic books
Film	Make-up	Memorabilia
Animation	Hair	Specialist subjects e.g Manga, Harry Potter, Yu-Gi-Oh, Pokemon, anime etc.
Gaming	Nail art	

Now go back and identify things that you have been good at, or are currently good at.

Countryside recreation

With animals	Hiking
Working in the countryside	Camping
Fruit picking	Picnics
Walking	Cycling
Climbing	Youth hostelling
Ancient places	Horse riding

Now go back and identify things that you have been good at, or are currently good at.

Visitor attractions

Theme parks	Castles
Leisure parks	Historic buildings
Fairgrounds	Zoos
Model railways	Art galleries
Steam railways	Libraries
Museums	Cathedrals

Now go back and identify things that you have been good at, or are currently good at.

Food and drink

Fast food	High end restaurants
Cafes	Take away
Sports bars	Ice bars
Bars	Container bars
Theme bars	Karaoke bars
Restaurants	

Now go back and identify things that you have been good at, or are currently good at.