

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.

Care Management is not always an appropriate initial response to a person self-neglecting. A trusting relationship will need to develop with a key person identified to help to re-engage the person with community activities, develop friendships and build self-confidence and self-esteem. This relationship can be used to support the person to develop trust in other agencies by ensuring responses are trauma informed.

Supporting individuals to rebuild self-confidence and self-worth after trauma, loss, abuse or neglect. Understanding a person's experiences and life narrative is key to understanding the solutions.

Talk with people about the things they are good at in relation to the following suggested topics.

## **Strong relationships**

Who do you have relationships with that are pleasing to you?

Who would you go to talk to when you needed to talk about something important?

Who helps you out when you need it?

## **Good spaces**

As you think about the area you live in, what do you like about it?

Think about your home, the area, open spaces and parks.

What about where you live is safe and pleasing?

## **Sleep**

Are you getting enough sleep?

Do you have a quiet and comfortable place to sleep?

## **Safety**

Who do you feel safe with?

Where are you when you feel safe?

What comforts you?

## **What makes you feel proud?**

Think of things that you have achieved

People who you have supported

Things that you have done for others