

# Definition



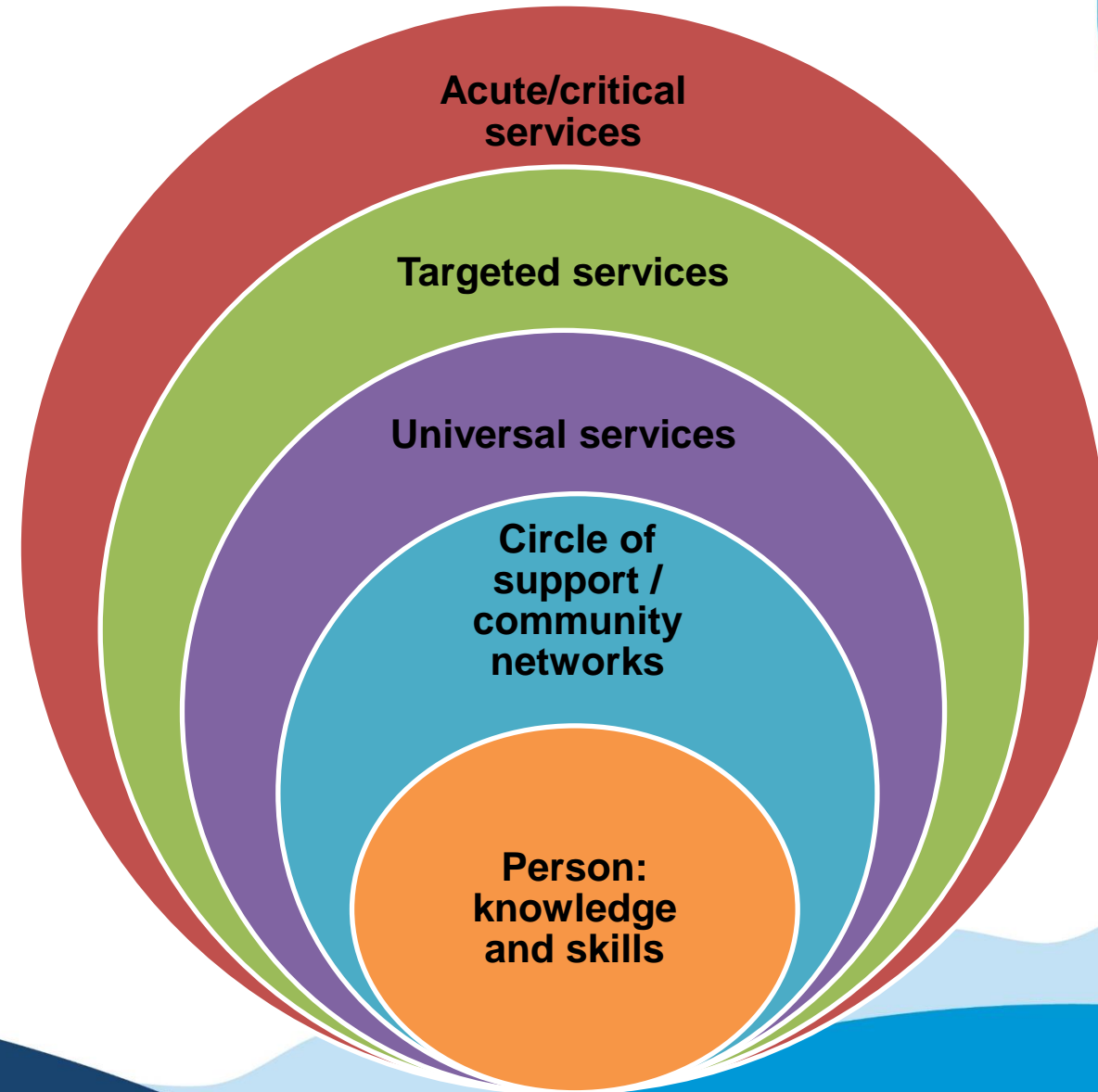
Empowering individuals to find the best solutions for themselves and make independent decisions about how they live, by building on their strengths and assets, focusing on what matters to them and keeping them at the centre of all decisions.



# Strengths-based care and support

The strengths-based approach acknowledges the person's disability and/or illness, but shifts the focus to the positive attributes of individual lives and communities, recognising the capacity, skills, knowledge and potential that they possess.

It is based on the fundamental premise that the care and support relationship is one of collaboration, and that people are resourceful and capable of solving their own problems if enabled and supported to do so.



# Meaningful conversations

The strength-based approach focuses on having meaningful conversations with the person who may be in need of care and support. The discussion should draw out and explore the inherent strengths of the person and identify;

- their strengths, wishes and priorities at various levels
- the “strengths” of the supporting network such as their family or friends and neighbours
- their wider network of support for example local groups, voluntary organisations, corner shops, the local café or library

Whilst the person’s illness or disability is acknowledged, they are not defined by it. The approach fosters hope and supports the person to reflect on what they want to achieve and what techniques may have been successful for them in the past. It also allows the practitioner to get to the heart of the person and understand their individuality, strengths, wishes and priorities.

