

Person-Centred Thinking Tools

Person-centred thinking tools help people to think and plan for their life.

Person-centred thinking tools are a set of templates that are used to give structure to conversations. Using them is a practical way to capture information that feeds into care and support planning, as well as to improve understanding, communication and relationships.

The fundamental person-centred thinking skill is to separate what is **important to** someone from what is **important for them**, and to find a balance between the two.

Person-centred practices are used with people, teams and organisations. By working in this way, we can make sure that people are **truly listened to and are kept at the heart of all decision-making**; to ensure that we focus on what matters to the people we support and their families, and pay attention to how to support staff as well and how a service is commissioned, provided and organised.

Person-centred reviews

A Person-Centred Review uses person-centred thinking tools to explore what is happening from the person's perspective and from other people's perspectives. This results in outcomes and actions for person-centred change, and ensures that a range of people are involved when the review is happening, and that their views and ideas are recorded in a structured, step-by-step way.

Person-Centred Reviews help us to support people better by:

- Making sure that we're truly taking into account the experiences of the person, their family and those supporting them when reviewing how well things are going
- Creating an environment where people are made to feel comfortable in expressing themselves honestly
- Developing actions that are based on experiences and learning, leading to an environment where we're constantly improving our support

Information and tools from Helen Sanderson Associates

<http://helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/>