

# person centred thinking

to support people who use  
British Sign Language

This little book of person centred thinking tools will help you to support people who are d/Deaf and use British Sign Language (BSL). The tools have been adapted to use words and grammar which are consistent with BSL. As BSL is a rich and creative language this will act as a starting point for interpreting and communicating how the tools can be used. The adaptations were made as a result of working with people providing and receiving support who use BSL as their first language.

The formats have been piloted extensively with people who are d/Deaf BSL users and also experience learning disabilities, mental health issues, physical disabilities or other additional needs.

The adapted tools have provided practical ways to gather information and support people to make positive changes.

Compiled by Helen Sanderson Associates. The adaptations and piloting of the tools took place within the Care and Support services at Action on Hearing Loss led by Lisa Orme. A BSL signed video clip is available at - <http://www.actiononhearingloss.org.uk/supporting-you/care-and-support/person-centred-working/person-centred-tools.aspx>



The Learning Community  
for person-centred practice

The person-centred thinking tools were developed by the learning community for person-centred practices. [www.learningcommunity.us](http://www.learningcommunity.us)

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## Contents

Sorting important to/for.....	4
The doughnut sort.....	6
Matching staff .....	8
Relationship circle.....	10
Communication charts.....	12
4 + 1 questions.....	14
Decision making agreement ....	16
Improve...future...have.....	18
Staying well plan .....	20
Person centred reviews .....	22

## What it does

Separates what is important TO someone (what makes person happy, content and increases wellbeing), from what is important FOR them (the help or support they need to stay healthy, safe and well) while working towards a balance between the two.

## How this tool helps

Identifies what must be present or absent in a person's life to ensure they are supported in ways that make sense to them whilst staying safe and healthy.

As a way to think through a situation before deciding what to do next.

As the beginning of developing a support plan.

As part of reviews.

A quick glimpse

Important TO	Important FOR
Learn what?	

# The doughnut sort

## What it does

Identifies specific responsibilities

- core responsibilities.
- using judgement and creativity.
- not a paid responsibility.

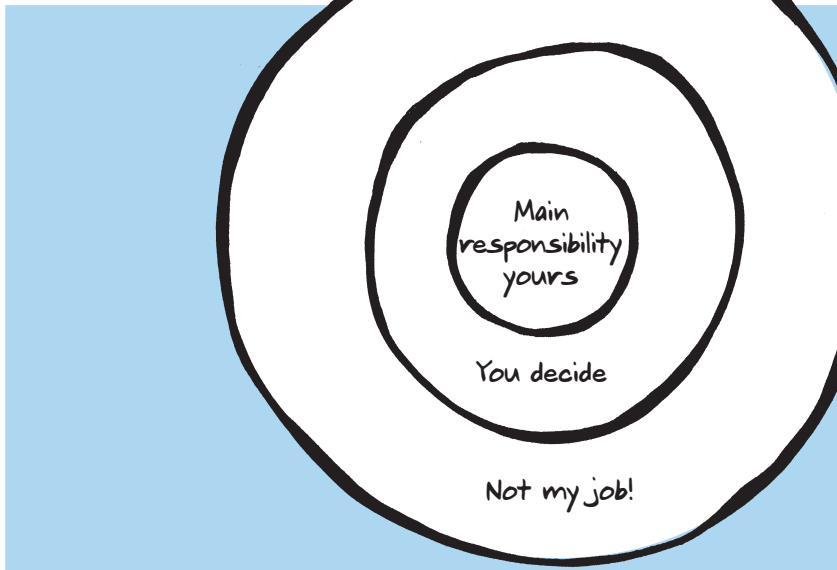
## How this tool helps

Clarifies the roles of different people and agencies who provide a person's support.

Helps people know where they can be creative and take positive risks.

Clarifies roles and expectations in a team.

## A quick glimpse



## What it does

Provides a structure to look at what skills, supports, people characteristics and shared interests make for good matches.

## How this tool helps

Helps people think about what kind of paid support they need.

Where a person is supported by a team it enables the recruitment to be balanced to meet individuals' needs effectively.

Gives additional information for the characteristics section of a plan.



## A quick glimpse



## What it does

Identifies who is important to a person or family.

## How this tool helps

Learn who is important to a person.

See if there are any important issues around relationships.

Helps identify who to talk to when developing a plan.

Identifies relationships that can be strengthened or supported.

Identifies opportunities to complement natural support.

A quick glimpse

My family who?

Work, college,  
learn, help, who?

Paid people who?  
People I pay

My friends have

## How this tool helps

It describes a person's preferred communication method.

It can explain any pictorial or symbol preferences for printed information.

It can help focus on understanding a person's unique body language or signs when communicating.

## What they do

It is a way of helping us understand how to respond when a person communicates.

Helps us to match the skills of people providing support.  
Helps us ensure information is accessible.

## A quick glimpse

We want to tell	Helped/ supported by	When this happens
Want tell you	Who help?	When?

To do this we	At this time	We think it means	And we do this
How?	Now!	Means what?	You, what help me?

### What it does

Helps people focus on what they are learning from their efforts.

From that learning what needs to happen next.

### How this tool helps

Gives a structured way for everyone

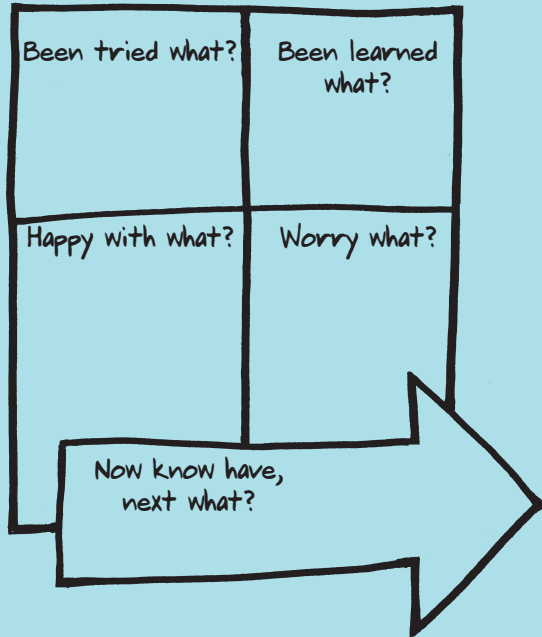
- to be listened to.
- to describe what they have learned.

Useful in

- review meetings.
- supervision.
- team meetings.

To review action plans and plan further actions.

A quick glimpse



# Decision making agreement

## What it does

Helps us think about decision making and how to increase the number and significance of decisions people make.

## How this tool helps

To think about how much power and control people have in their lives.

To be clear how decisions are made.

To increase choice and control people have in their lives.

To plan for decisions that may need to be made in a crisis - advance directive.



## A quick glimpse

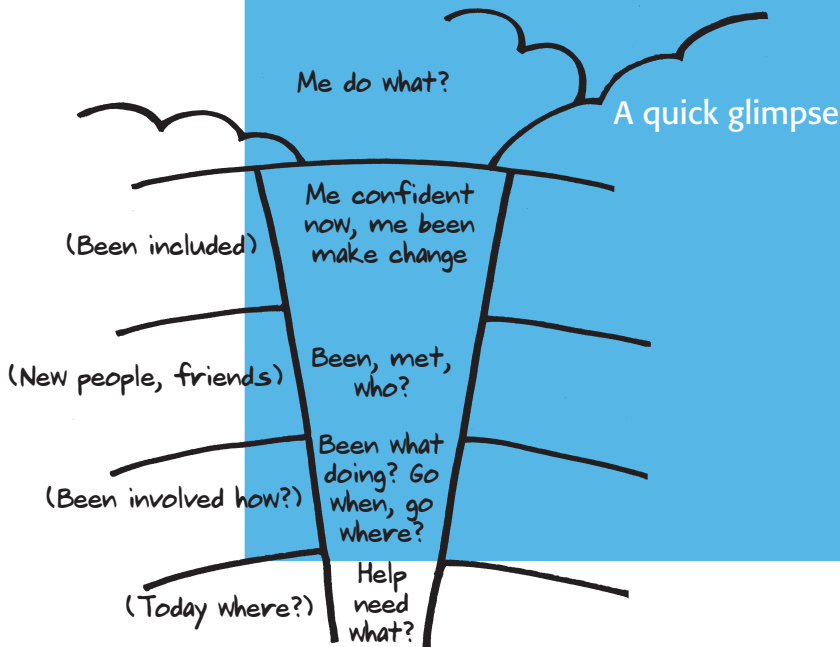
Important decisions in my life	How I must be involved	If I cannot make the decision myself who makes it for me?
Important me want what?	Involve me how?	If can't self, who help?

## What it does

Helps us to think about the activities a person is doing or wants to be involved in and how these can be opportunities for the person to take part or contribute.

## How this tool helps

To think with people about what they do on a day to day basis and the opportunities for getting involved, meeting new people and making new contacts or contributions.



## What it does

Helps us think together about what helps the person to stay well, looking at what contributes to them becoming unwell and creating an action plan around this.

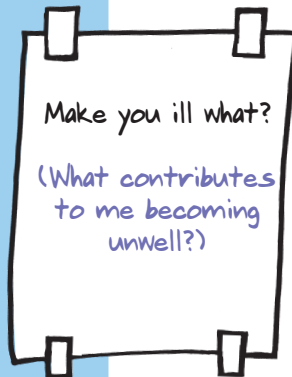
## How this tool helps

Creating an action plan to help the person stay well.

To fully involve the person in managing their own health.

To plan for what the person wants to happen when they become unwell.

## A quick glimpse



## What it does

A person centred way to meet, review progress and agree actions. You can use 'working/not working', '4+1', 'important to important for' and 'improve future have' to plan and inform a review.

## How this tool helps

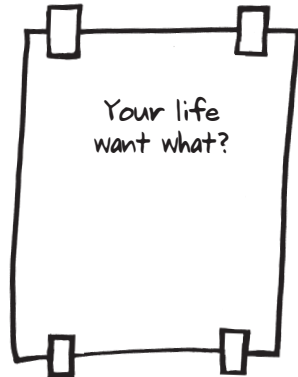
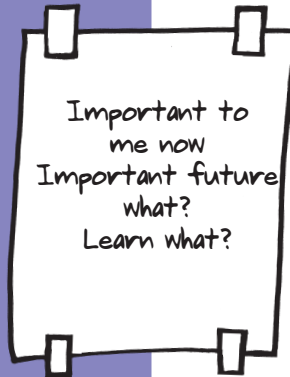
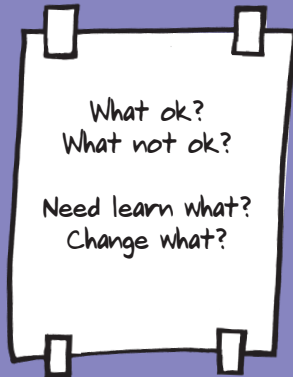
Replace traditional reviews.

Develops person centred information.

Gives the person a voice in their review.

Generates shared actions based on what's working or not working.

## A quick glimpse





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