

Disability Resource Hub Disclaimer

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capturing gifts and strengths

What people like and admire about the person

For many people in services, labels and challenges can often overshadow the truly great things about them. By recognising people's gifts, talents and strengths we can discover new opportunities, at home and within the community, particularly if this is focused on while action planning. This template can be used to create an appreciations page, that is bright and colourful and displayed wherever makes sense to the person. Or it may simply be used to gather information to then feed into a one page profile or other information about the person.

When gathering this information, talk to a range of people in the person's life – people who have known them a long time, people who may only have met them recently (they could have a more objective or fresh perspective), people support or know them in certain contexts only.

It is important that the information captured does remain truly positive, and doesn't include faint praise – e.g. "caring sometimes," or things that would only be said about someone with a disability – e.g. "good at dressing himself" when for most of us, people may comment about our dress sense or sense of style.

This information was developed by Helen Sanderson Associates (Australia) in 2011, for Ageing Disability and Home Care, Department of Human Services NSW, as a resource to support the Lifestyle Planning Practice Guide and Tools. Most of these tools are Person Centred Thinking tools, and were either developed by The Learning Community for Person Centred Practices, or Helen Sanderson Associates. They are used here with permission. We would like to thank the residents, family members and staff for their time and support in developing examples.

These instructions are not intended as a substitute for training. If you are using these tools for the first time and have not attended a Person Centred Thinking course, please seek support from a colleague or manager who has attended training.



What is it about that makes you smile/laugh?

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What is good at?

?

When you haven't seen for a while, what do you miss?

?

What gifts, talents, and skills does have?

Next steps

What new things can you try to learn more about 's gifts, strengths, talents and skills?

Where would these gifts, talents, skills and strengths be appreciated by others?

What can you try next to help use their gifts, talents, skills and strengths?

1 People often need time to think rather than being suddenly asked to come up with this information.

2 They may need some help to think of a range of different words – there are a number of resources that can help – 'Strengths Cards,' available from www.innovativeresources.org is just one – share your ideas about different ways to support people with this.

tips



What is it about^{Thao} that makes you smile/laugh?

Her sense of fun and adventure.

She can just give you a certain look and wink and it makes your day better.

The way she treats other people.



What is^{Thao} good at?

Putting people at ease.

Making sure others get listened to.

She can always sense how others are feeling.



When you haven't seen^{Thao} for a while, what do you miss?

Her laugh.

The insights she has about others.

Her company, she is wonderful to spend time with.



What gifts, talents, and skills does^{Thao} have?

A great judge of character – we try and use her as much as we can for interview panels.

Fantastic communicator and advocate for others – she always helps new staff to communicate with others who are not as easy to understand.

She always knows when Jack, one of her housemates is going to have a seizure a couple of minutes before it happens.

Next steps

What new things can you try to learn more about^{Thao}'s gifts, strengths, talents and skills?

Where would these gifts, talents, skills and strengths be appreciated by others?

What can you try next to help^{Thao} use their gifts, talents, skills and strengths?

1 People often need time to think rather than being suddenly asked to come up with this information.

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