



# Wokingham's Adult Social Care service takes a strengths-based approach.



**This guide explains what strengths-based working is and how we use this approach to support you to maximise your independence.**

### **What is a strengths-based approach?**

A strengths-based approach focuses on a person's abilities rather than their illness, condition, or disability. It describes a way of doing things rather than a process.

We want to understand about the things you can do and all the people who help you. We call this your strengths. Focusing on your strengths does not mean ignoring your needs; it uses your strengths to help meet your needs.

It is about working together with you, your family and friends, and adult social care staff.

It gives you choice and control and sees you as the expert in your own life.



## **The Care Act 2014**

The Care Act is a law about care and support for adults who need help.

The main goal of the Care Act is to help people to maximise their well-being, independence, and safety.

Well-being is about your quality of life and what makes you happy and healthy. We can help with this by listening to you about what you want to achieve and how you can achieve it.

The Care Act says that Local Authorities must make sure you are involved in conversations about what is important to you.

If you are unable to participate fully, we must look at the things that are stopping you and take steps to overcome these.



## **How do we work in a strengths-based way?**

We look at what is working well in your life, starting with your interests, qualities, talents, wishes and what you can do. We also keep you at the centre, by asking these questions:

- What are you good at?
- What do you enjoy doing?
- Is there anything that you used to enjoy doing that you can't do now? Why can't you do it now?
- What would you like to be better at?
- How do you think your health and well-being can be made better?
- Do you like where you live?
- Can you use public transport (like the bus or train) on your own?
- Can you manage your money?

## **We look at what support you have around you:**

- Who else helps you? This could be family, friends, neighbours, and paid support.

- What help do they give you?
- Can they carry on helping you?
- Who visits you? How often?
- Is there anyone you miss who you would like to see? Why can't you see these people?
- Do you communicate with anyone on the telephone or on the internet? How often?
- Do you go to any groups or are you part of any clubs? If not, what is stopping you?

Strengths-based working is about enabling better outcomes and quality of life.

It makes sure that any support that is provided is the right support for you, at the right time.

We consider the strength of your support networks such as your family or friends and your wider social network.


This might include local community groups, voluntary organisations, leisure centres, the local café or library.

We also consider Technology Enabled Care to promote independence- Please ask for more information.

We understand that everyone has different needs, and that strengths-based working will mean different things for different people, but it can be used with everyone.

If you are unable to express your views, we can speak to the people who are important to you.

It is important to understand that everyone has their own strengths and resources around them.



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