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# Capacity thinking prompt sheet

## Being Someone

- What do people like and admire about .....
- What's Important to .....
- What's important for .....
- How best to communicate with .....

## Making a contribution

- What are the person's gifts and strenghts?
- Where could their gifts and strengths be used?

## Knowing people

- Who is important to this person? who loves them, cares for them, knows them?
- Who are natural supports?
- Who are paid supports?

## Choice & Control

- How involved is the person in making decisions about their life?
- What important decisions need to be considered?
- How can we help the person to be more involved?

## Sharing Ordinary Places

- How involved is the person in making decisions about their life?
- What important decisions need to be considered?
- How can we help the person to be more involved?

## The Big Picture / Long View

- The journey towards a good life for the person must begin with the search for capacity in the person. We need to find out:
- What sort of life do you want to have?
- Who can help you?