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 strengths? 
- 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? 

More web resources can be found at: 
www.inclusive-solutions.com and www.schoolschoice.org