

Checklist for Practitioners



How well did I use the Support Sequence?

Did I start by exploring what the person has tried already, and what ideas they have?

1 Yourself

Did I consider with the person how they can build on their strengths, assets and qualities? Did I explore what else the person could do to improve their knowledge, skills or confidence?

2 Technology

Did I investigate whether there are any apps or technology that could help?

3 Equipment and Adaptations

Did I review whether there are any products or equipment that could help? Did I see whether there are any physical changes that could be made to the person's home or environment that could help?

4 Family, Friends and Neighbours

Did I explore whether there is anything that the person's family, friends or neighbours could help with?

5 Community

Did I investigate whether there are places, groups or events happening in the person's community that could help? Did I consider online communities too?

6 Services or Setting

For young people

Did I review what the school or college could do to help and what is available in the local offer?

For adults

Did I consider whether there are any general health or social services that could help and what is available through universal services?

7 Support

For young people

Did I explore whether additional specialist support could help?

For adults

Did I consider how to organise support that could help? Did I review whether there is anything an existing provider could do or do differently?

Did we consider personal budgets?

Am I confident that I involved the person in decision making as much as I could?
