

Strengths-based practice resources

Resources, training materials and information about using strengths-based practice.

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Resources, training materials and information about using strengths-based practice.

Strengths-based practice starts with understanding 'what matters' to people and the things they want to achieve (called 'personal outcomes' or 'goals').

It improves their well-being and helps us to work out if people need support to do those things.

Here are some resources to help you agree outcomes with the people you care for or support and work out what they need to meet these outcomes.

Click the 'show' button next to each topic to view the resources.

Resources

Having 'what matters' conversations

Show

Values: strengths based practice

Explains the values people need to work in a strengths-based way.

Conversation guide

Explains how to find out what matters to the person you're working with, to agree outcomes, find their strengths and work out where they need support.

Personal outcomes booklet

Explains what personal outcomes are and gives examples of outcomes statements.

Personal outcomes statements worksheet

A printable worksheet that explains the different things that make a good outcomes statement, and has an exercise to see if you can spot outcome statements.

Case recording

Show

Friend not foe: how to use an outcomes-focused approach in case recording

This resource looks at principles of strengths-based practice and explains how to support personal outcomes-focused case recording using research, consultation with practitioners, and evidence of what can work.

Video: make recording 'live' and joined up across the organisation

Video: make recording personal and accessible

Video: recording stories one - Fran's story

Video: recording stories two - Helen and the heron

Supervision and reflective practice tools

Show

A guide to supervising and appraising well

This guide was written for people working in early years and childcare, but it may also be useful for social care staff.

Format for outcome focused reflective groups

Explains how to run reflective group sessions with staff.

How to run a good supervision using strengths-based practice: introduction

Discusses how strengths-based practice can be useful in supervisions.

How to run a good supervision using strengths-based practice: adult social care

Jay and Rhoda act out a scenario between a manager and a practitioner who's working in an adult social care setting. Rhoda uses a strengths-based approach to reflect on the work, and to build confidence that the plan is achieving what matters to the person Jay's supporting.

How to run a good supervision using strengths-based practice: children's social care

Rhoda and Jay act out a scenario between a manager and a practitioner in a child protection setting. Rhoda uses a strengths-based approach to reflect on the work, and to build confidence that the plan is achieving what matters and keeping the child safe.

Case studies and personal stories

Show

Why outcomes-focused practice is important

A parent explains how a practitioner using an outcomes-focused approach helped her change the way she interacted with her children.

What really mattered to me

Mr Britton and his worker, Lucy, explain how they worked together in an outcomes-focused way to find out what mattered to him.

Knowing what really matters to people

This is Lucy's story about working with Mr Britton to achieve what really

mattered to him.

Andy's story: an excellent example of effective collaborative working

This story highlights Andy's journey, which has been a difficult and long one at times, but shows the positivity of collaborative working. Hear from Andy and the team of professionals who worked with him to achieve his outcomes.

Developing a safety plan with a parent

Watch this video to see how social worker Dawn works with a parent to develop a safety plan.

E-learning and training videos

Show

Our free e-learning modules can help you understand and use strengths-based practice. They're great for using in induction, including the *All Wales induction framework (AWIF)*, and can be used as continuing professional development (CPD).

Starting with strengths: what matters in care and support planning

This e-learning module explains the basics of strengths-based practice, and techniques to get you started. It takes about 90 minutes to complete.

Case recording

This e-learning module explains how you can use strengths-based practice to record cases and help people achieve their outcomes. It takes about 30 minutes to complete.

Balancing rights and responsibilities

This e-learning module explains how we can use strengths-based practice for better hospital discharge. It takes about 30 minutes to complete.

Leading quality as a Responsible Individual: embedding strengths-based practice

This training video explains how Responsible Individuals (RIs) and managers can promote strengths-based practice to improve service quality.

Children's protection services

Show

Guide: using strengths-based practice in child protection services

Explains how to use strengths-based practice to support children and families in child protection services.

Balancing risks, rights and responsibilities

Show

Positive risk and shared decision-making

This report looks at the evidence of how positive risk supports people's rights and how you can build a culture of positive risk taking within your organisation.

Practice principles for balancing risks, rights and responsibilities for adults: a positive approach to risk

This resource provides a list of agreed principles which should be applied when balancing risks and rights with your responsibilities when you work with adults who have care and support needs

Personal stories about balancing rights, risk and responsibilities

A short exercise based on personal stories for practitioners, which will help you think about the way you'd balance risks, rights and responsibilities.

Strengths-based practice tools for domiciliary care

Show

A set of resources for domiciliary care and support workers to use strengths-based practice in their work. They can be used as part of formal training or on their own.

The resource can also be used to support staff who are completing the [*All Wales induction framework for health and social care \(AWIF\)*](#). We've noted in the guide where they align with the AWIF.

Domiciliary care learning resource: brief overview (bilingual document)

Delivering outcomes: chapter 1.1 - understanding outcomes

Delivering outcomes: chapter 1.2 - recording and monitoring outcomes

Delivering outcomes: chapter 1.3 - linking up with the National outcomes framework

Having a good conversation: chapter 2 - 'what matters' conversation

Understanding and using an outcomes approach: one-stop-shop for people who lead and influence practice in domiciliary care

Strengths-based practice tools for information, advice and assistance (IAA) services

Show

These resources support the IAA competencies framework and also those who are doing the social services practitioner qualification.

Managers' pack

A guide and resources to help managers run strengths-based practice and outcomes training for people who work in IAA services.

[Skills-based resource pack: outcome-focused 'what matters conversations' in IAA](#)

[Skills-based resource pack: PowerPoint slides](#)

Trainers' pack

A guide and resources to help trainers run strengths-based practice and outcomes training for managers who work in IAA services.

[Resource pack for managers: outcome-focused 'what matters conversations' in IAA](#)

[Resource pack for managers: PowerPoint slides](#)

Assessing carers' support needs

Show

Explains how to find out what matters to carers, to make sure they get the right support.

[Assessing carers' support needs: resource A - training manual](#)

[Assessing carers' support needs: resource B - training slides](#)

[Assessing carers' support needs: resource C - practitioner self-training](#)

[Assessing carers' support needs: resource D - practitioner toolkit](#)

Training and events

Training

For training on strengths-based practice, speak to your training and development lead.

Workshops and events

We sometimes run workshops and events about strengths-based practice. Keep an eye [on our events page](#) for the latest upcoming events.

Get involved

Strengths-based practice community

We have a digital community for people using strengths-based practice as part of their role. You can use it to connect with other practitioners and share best practice.

To join the community, email strengths@socialcare.wales

All-Wales national mentors' group

We bring together people who champion strengths-based practice in their organisations as part of an all-Wales mentors' group.

The group meets four times a year and helps those in similar roles to connect, reflect and share practice and challenges.

The meetings are usually online and last two hours. They're interactive and focus on the things that matter to mentors.

To find out more about the network, email strengths@socialcare.wales

Talk to us about strengths-based practice

We'd like to hear about the things you're doing to support strengths-based practice. To get in touch, email strengths@socialcare.wales