## 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?