Role: Support Worker

Use this reflection tool to consider your current practice approach. Think about how you work currently and what areas you could develop in. Work with your manager and colleagues to continually develop in line with Connected Lives

Connected Lives Self-Assessment

Think about how you can work in ways that are more person-centred, strength-focused and risk-positive in line with Connected Lives to move higher up the scale

For each statement rate your current approach on this scale from 1 (low) to 5 (high)	1 Rarely	2 Occas-ionally	3 Some-times	4 Often	5 Always
Work in an enabling way and use positive language remembering that I support the person to do things, I do not do the things for or to them					
Look for opportunities for the people I support to increase their choice, wellbeing and independence					
Positively manage risk to enable the people I support to take appropriate risks to achieve the outcomes that matter to them					
Enable the people I support to make meaningful choices, try new things, meet new people and have new experiences					
Ask questions and challenge others so we can all improve how we work					
Listen and work to understand what the people I support want to give them choice and control					
Respect the views and choices of the people I support					
Approach my work positively and focus on what the people I support can do and not what they can't do					
Promote the citizenship of the people I support and enable them to be part of their community					
Stay aware of what community opportunities are available in the area around me					
Take into account the person's carers, family and friends					
Ensure the people I support are safe from abuse or neglect					

Role: Support Worker

Connected Lives Considerations

- How will I ensure I always work in way that is person-centred, strength-focused and risk-positive?

- How will I enable the people I support to increase their choice and independence?

- How will I keep the person at the centre of and actively involved in their support including for those with more complex need?

Goals

- Support people who use our services to maintain and improve independence and wellbeing

- Ensure care and support needs are met in safe and supportive environments through personalised approaches that give people choice, control, and meaningful relationships

- Continually develop my own practice in line with the Connected Lives Principles

- Get to know the people I support and enable them to increase their independence and quality of life through meaningful engagement

Challenges

!	Sometime I don't feel I have enough time to have meaningful interactions with the people I support when I have many set tasks I have to support them with	→	I can make the time completing the task meaningful by engaging the person in the task
!	I'm not always sure where to go to for information about Connected Lives and need training to understand the model and support to put it into practice	→	I can talk to my colleagues and manager to learn from them and find out what Learning and Develop opportunities are available
!	I sometimes work with colleagues from agencies or with different working patterns making it difficult to ensure we use a consistent Connected Lives approach	→	I can champion Connected Lives and show others how to work in a person-centred way
!	If a person's needs or outcomes change, getting in contact with the required practitioner to update this can be difficult	→	I can advocate for the people I support and work with my manager to keep their support plan up to date
!	When trying to use risk-positive, creative approaches I can be met with resistance from others including families and practitioners	→	I can challenge others to change their approach and always champion the needs and wants of people I support
!	My service is sometimes spoken about negatively, undermining the valuable work I do	→	The work I do is important and provides vital support that enables people to increase their wellbeing