



# 8Ps Strengths-Based Framework

## Person

Always start with the person's strengths and what matters most to them; how they want their life to be; how they contribute to others and to their community, - now and in the past; what they want to achieve, what they can contribute again; what they want to happen and how they can help make that happen.

## Potential

What have you helped them to identify as their potential? What can they do to achieve that; What support could help? Would equipment or technological solutions could help them achieve their outcomes?

## People

Who is important in their life and why? What do they already do? What else could they do? Have you spoken to them? Who else could get involved? How does what you are proposing help to support those relationships and networks to flourish?

## Places

What are they already connected to? What else can you connect them to? Include ordinary local activities and places, clubs and groups, community and voluntary sector.

## Prevention

What might help deterioration in the situation and avoid crises or emergencies? What planning for the future might help? What support may be available from Inclusion Matters or other preventative options.

## Physical

How can physical activity help? How might it connect to and support what's most important to them? How can you help them think about making changes:- moving more / active habits (no matter how small). What support do they need and who can help – family, friends, communities, community programmes/services?

## PRIDE (promoting inclusion, diversity and equality)

What are the persons' religious and cultural wishes? Have you discussed and included all protected characteristics? What does the person want to happen and what can they, the people around them and we do to support?

## Paid

Paid support should consider all of the above; the whole person, the people around them, what matters to them. How does the paid support you are proposing support this? What gaps is paid support meeting?