Good day/bad day

This **tool** helps the Case Manager and member have conversations about what a **good day** is like, from when a person wakes up to when they go to bed. This tool will also allow one to look at the same detailed information for a **bad day**. This helps staff to learn what is important to the person – both what must be present in their **day** and what must not happen

What it does

It is a way to learn about what matters to someone and what support they need to have good days and avoid bad days. We need this information about everyone who receives support, and colleagues as well. This is a way to start or add to one-page profiles for colleagues and for those supported, and to decide together on actions. To help the person to have more good days and less bad days, what needs to happen? This is recorded in the action plan.

How it helps

It helps to understand what matters to the person and what needs to happen for them to have more good days and fewer bad days.

Resource:

http://helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools