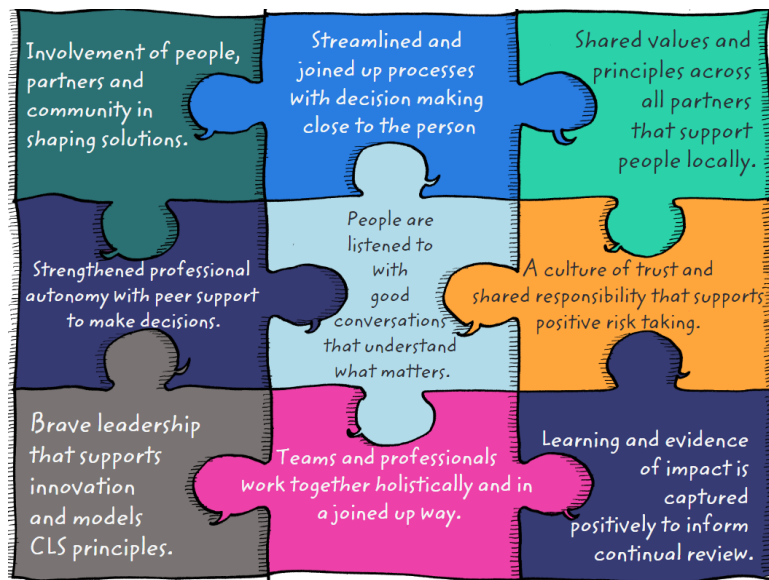


## What is a Strengths-Based Approach?

It explores, in a collaborative way the entire individual's ability and their circumstances rather than making the deficit the focus of intervention.

We should gather a holistic picture of the individual's life; therefore, it is important to engage and work with others. (i.e., Health Professionals, Providers, the individuals own network, etc. with appropriate consent).

Strengths-based practise is applicable to any client group, to any intervention and can be applied by any profession.



## Strength Based Approach

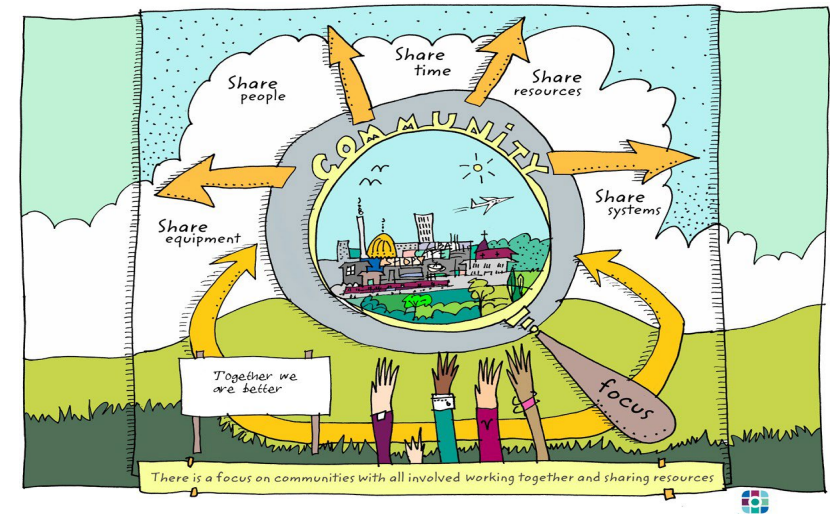
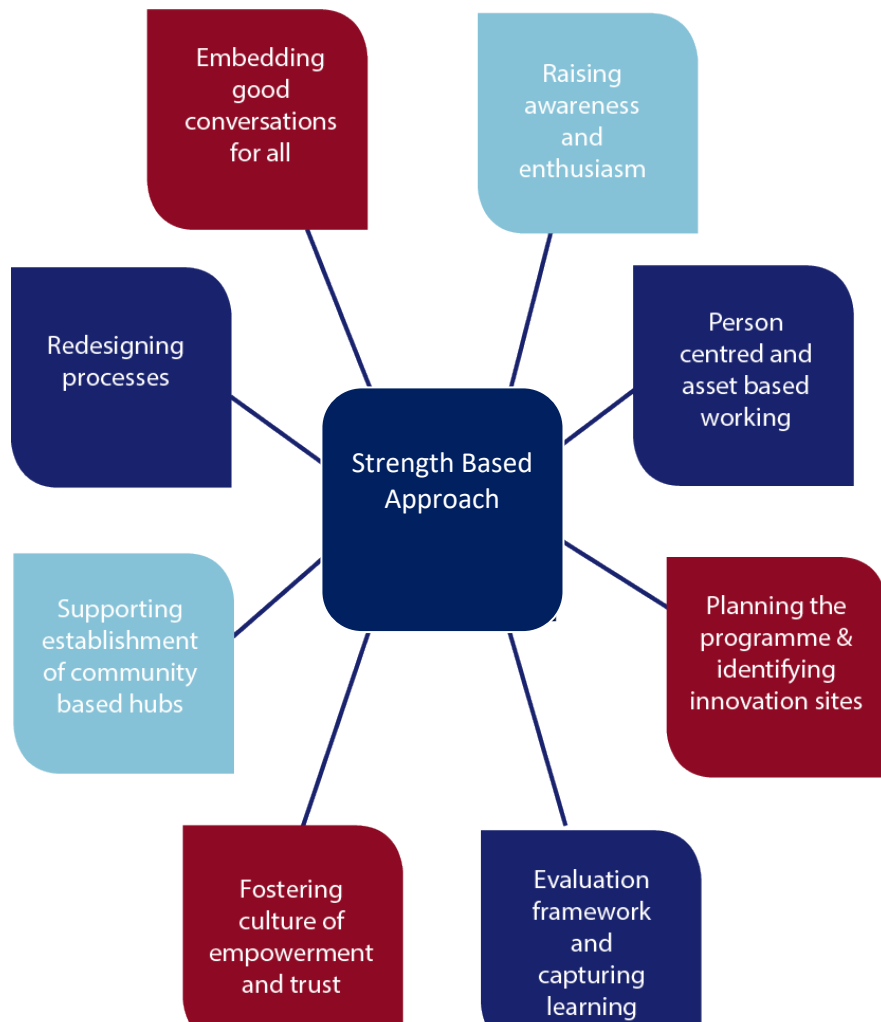
The Northern Care Alliance embraces a person-centred strengths-based approach, to support people, in order to maximise life chances and outcomes and ensure prevention and early intervention.

To implement this approach staff should help identify a person's strengths, gifts and abilities including those of their families, friends and communities, during conversations and interactions. All roles should advocate this community focused approach to ensure people get the right support for them.

This not a new fad but **builds on what is already working, joining up good practice and strengthening common sense, empowerment and trust.**

Strength Based Approaches assists organisations to work **collaboratively with their communities and their staff teams to redesign a service that works for everyone**, that evolves and is continuously refined based on learning.

Strength Based Approach is delivering a **programme of support tailored to each** area but with some key components:



**Strength Based Approach principles are:**

**Coproduction** brings people and organisations together around a **shared vision**

There must be a culture based on **trust and empowerment**

There is a **focus on communities**, and each will be different

**People are treated as equals**, their strengths and gifts built on

**Bureaucracy is the absolute minimum it has to be**

People get **good advice and information** that helps avoid crisis

The system is responsive, proportionate and **delivers good outcomes**