

HCBS COMMUNITY OF PRACTICE



SESSION TOPIC: Gifts and Capacities

GIFTS AND CAPACITIES

What it does

Explores gifts, skills and capacities, what a person is good at and what qualities the person has to contribute.

How it helps

Encourages us to think about situations where the person can make a contribution to others and identifies next steps.

How to use it

Invite the person to talk about a time when something they did made a positive difference for others and gave the person a “good feeling.”

Build on this with stories, from others who know them well, about when the person is at their best. Consider what this tells us about the person’s gifts, skills, and contributions.



GIFTS AND CAPACITIES

Gifts of the hand (and feet and voice) are abilities and skills that a person can contribute

- dancing, singing, acting.
- typing, drawing, arranging shapes and colors, decorating
- using a computer.
- composing music, sewing.
- working hard, using physical strength.
- ability to sign, ability to speak or understand another language.

**Hands + Feet
+ Voice**

Gifts of the head include the knowledge, questions, experience, and information that a person can contribute

- figuring people out, organizing and classifying things.
- travel routes, sports news, fan information, gossip.
- local history, trivia.
- creative thinking, math, solving puzzles.
- interest in politics, desire to think and talk about big questions.

Head

Gifts of history and identity include the experiences, knowledge, duties, responsibility concerns, types of belonging that come with membership in a family, religion, national or ethnic group, citizenship, or member of a club

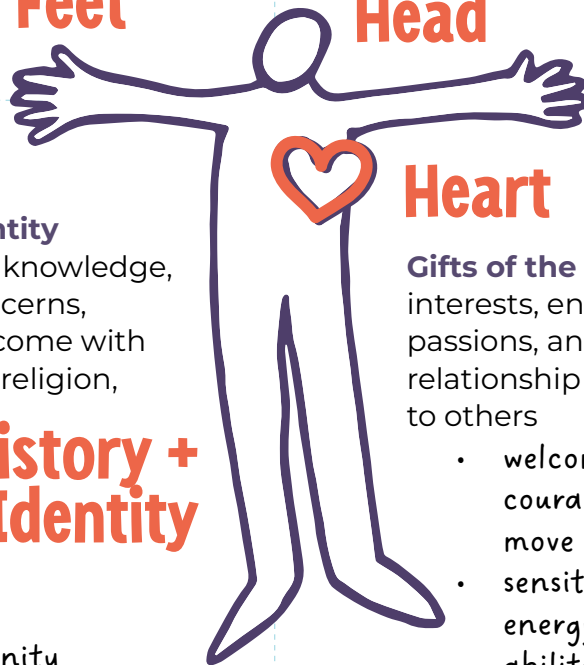
- Taking care of others as the oldest sibling
- Faith and Community Service

**History +
Identity**

Heart

Gifts of the heart are the interests, enthusiasms, personal passions, and the rewards of relationship that someone brings to others

- welcoming people, patience, courage, impatience to move from talk into action.
- sensitivity to others, high energy, desire for order, ability to listen.
- passion for justice, love of nature, ability to draw others out, spiritual gifts.



GIFTS AND CAPACITIES

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**Hands + Feet
+ Voice**

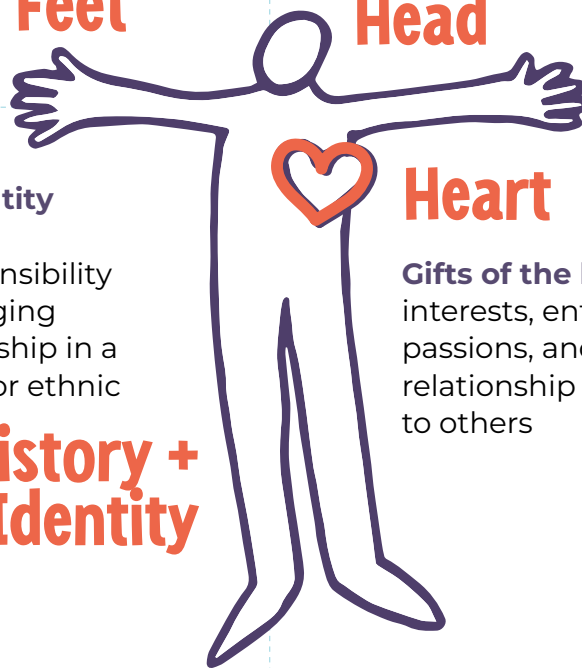
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**History +
Identity**

Heart

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Acknowledgements

Thank you to all who share a commitment to building a community where everyone can thrive.

This HCBS Community of Practice is made possible by funding from the Department of Developmental Services and the collaboration of the following organizations.



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