

How the Outcomes and Support Sequence delivers on Strength Based Approaches

Strength Based Approaches	The Outcomes and Support Sequence
<p>1. Goal orientation: Strengths-based practice is goal oriented. The central and most crucial element of any approach is the extent to which people themselves set goals they would like to achieve in their lives.</p>	<p>The Support Sequence starts with an outcome that has been created by the person and/ or those who know and care about them by using the Outcomes Sequence.</p>
<p>2. Strengths assessment: The primary focus is not on problems or deficits, and the individual is supported to recognise the inherent resources they have at their disposal which they can use to counteract any difficulty or condition.</p>	<p>The 7 steps of the Support Sequence start by asking about their capabilities and what can the person do for themselves based on their assets, strengths and resources.</p>
<p>3. Resources from the environment: Strengths proponents believe that in every environment there are individuals, associations, groups and institutions who have something to give, that others may find useful, and that it may be the practitioner's role to enable links to these resources.</p>	<p>Steps 3 to 7 focus on how technology, equipment and adaptations, family friends and neighbours, community, services or settings and how existing support can help to deliver on the outcome.</p>
<p>4. Explicit methods are used for identifying client and environmental strengths for goal attainment.</p>	<p>The Outcomes and Support Sequence are step by step processes that enable an individual to develop outcomes and creatively explore how to achieve them.</p>
<p>5. The relationship is hope-inducing: A strengths-based approach aims to increase the hopefulness of the client. Further, hope can be realised through strengthened relationships with people, communities and culture.</p>	<p>Supporting the person to develop and prioritise their own outcomes promotes self management and feeling in control. The step by step process pays attention to strengthening relationships with people, communities and culture.</p>
<p>6. Meaningful choice: Strengths proponents highlight a collaborative stance where people are experts in their own lives and the practitioner's role is to increase and explain choices and encourage people to make their own decisions and informed choices.</p>	<p>The Support Sequence begins by asking what has been tried and learned already and what ideas does the person have, before then going on to explore the 7 steps of the process.</p>