

Care planning

Care planning should include strategies and options to help mitigate identified risk. Incorporating the person's identified triggers and warning signs can facilitate the development of clear planning goals that support recovery. All care planning must be collaborative and involve all key people as much as possible.

Tip: Listen for change, ask about resilience and the person's resources.

Summarising statement: Now I have a sense of what has been happening for you, it would be useful for us to work together and plan for what might help. Does this sound okay?

Questions to start care planning

- What do you think needs to happen for things to get better?
- What needs to happen for you?
- What do you want to change about your life/situation?
- Have you been up against anything like this before? How did it change/get better?
- How do you typically make changes in your life?
- Who in your life might help in resolving this problem?
- Think back to other times when you felt overwhelmed? What worked and what did not work?
- Think back to a time when things were going well. What do you need to get back to that point?
- What might you imagine would be the first step to begin to deal with this problem?
- How can I be most helpful to you?

Resilience and coping

- With everything going on in your life, how do you manage to get through the day?
- What keeps you from giving up?
- What keeps you well?
- Where do you find the courage to face these challenges?

- How have you kept things from getting worse?

Curious questions to support mutual goal setting

- Could it be that...?
- I'm wondering...?
- Is it possible that...?
- I'm really interested to know about...
- I'm not sure this will make sense to you, but...
- You can decide if this is worth considering...

How to identify if protective factors are accessible, available and valued.

- Who is currently a good support?
- What do they do that helps?
- How can we let them know that you need that at the moment?
- Who has been helpful in the past?
- What activities have you used to keep well?
- Is this person immediately available?
- Do they know what has happened recently?
- How would you usually ask this person for help?
- I am aware that you are attending (service/centre/activity). What kind of support could they offer you right now?
- What other services do you know that could provide support?
- What other strategies have you found helpful in the past?

Identifying triggers and warning signs (included in Safety Plan)

- It sounds like there are some early warning signs that alert you that things are not going well for you, what are they?
- What could make you feel like this again?
- What are the things that happen before you get unwell? What would help if you notice these things happening again?
- What patterns have you noticed with your mental health? What would be your first

step if you notice these patterns happening again?

- All people are capable of change
- Small changes lead to bigger changes
- Focus on change creates change
- A focus on the future empowers change
- Talking about change makes it more likely to occur and be durable
- Change is inevitable.

Developing a change mindset

Reference

Murphy, J. J., Sparks, J. A. (2018). Strengths-based Therapy. London: Routledge, <https://doi.org/10.4324/9781315512976>

Resources

Comprehensive Care: Partnerships in Communication Resource Guide - Care Planning
https://qheps.health.qld.gov.au/_data/assets/pdf_file/0034/2587543/care-planning-resource-guide.pdf