

Community in Care Homes Questionnaire

Please take 10 minutes of your time to complete this questionnaire. Be as honest as you can and put a tick in the square that you think best describes you in relation to each of the following items.

You might also want to think about the areas where you have particular strengths, and the areas you would like to develop further.

	Most of the Time	Some of the Time	Not very often	Don't Know/Not Applicable
1. I like to find out about other people's hopes, strengths, quirks and fears				
2. Even when I know someone a long time I still make an effort to learn something new about them				
3. If we are not able to facilitate a residents or families first preference, I feel able to explore alternatives with them				
4. I tend to focus on trying to find solutions				
5. I try to find ways to make ordinary, everyday happenings and interactions in the home a wee bit different or special				
6. If a person has difficulty expressing themselves using words, I try to pick up on other cues as to how they are feeling and what is important to them				
7. I feel confident to try out new ideas and give things a go				
8. I share bits about myself, that I feel comfortable to share, as a way of building relationships with others				
9. I make an effort to support residents to develop friendships, in the ways that are natural for them				
10. I recognise how small moments of time with someone can make a big difference				
11. I see how it is possible to both be very busy and to find time for connecting with others				
12. When something goes well I take the time to think about what helped it to go well				
13. When I learn something new in work I think about ways in which I can share this with others				
14. I see doing 'activities' as being about spending time with residents, and that everyone can be involved in activities				
15. I make an effort to show people that they matter, and are valued				

My Strengths

I would say that No. ____ (from list on other side of page) is a particular strength of mine.

A snippet of a story of when I showed this strength was when

Areas for Development

No. ____ (from list on other side of page) is something I would like to work on.

The reason I would like to work on this is

What I would find helpful in further developing this would be

Appreciative Feedback to Others

Looking at the list of items on the previous page are there people you work with who you see as having these strengths? Could you let them know that you see this strength in them?

Ideas for Appreciative Feedback

Telling the person the specific strength in them, and the difference it makes to others that they have this strength

An example of a time when you saw them bring this strength into the care home community

Asking them more about what helps them to show this strength, and why it is important to them