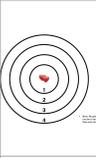
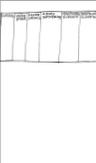
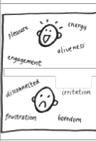
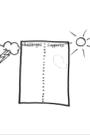
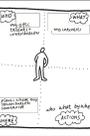
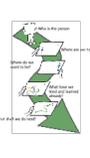


Community and Relationship Building Tool Sheet

Tool	What it Does	How it helps	How To Use It
Who Am I? My capacities and gifts 	Explores gifts and capacities and what a person has to contribute.	Encourages us to think about situations where the person can best make a contribution.	Invite the person to talk about a time when something they did made a positive difference to others and gave the person a "good feeling." Build on this with stories about when the person is at their best from others. Ask what this tells us about the person's gifts and contributions.
Who am I? My places 	Helps us to identify the places that matter in a person's life.	Helps identify places that are worth paying more attention to; it also helps develop the community map.	Identify places a person goes that are important to them. Explore the role that the person has in each place. Where is the person a customer? a member? Where does the person feel at their best? What possibilities are there for strengthening connections? What possibilities are there for creating new ones?
What happens here? 	Helps us to learn about the characteristics, social rules and roles of a group.	Identifies things to do to help the person fit in.	Consider an activity that a person wants to try. Make a list of 'need to know' information. Ask: What time do people arrive? How are they dressed? Do they take anything along? Are there unwritten rules? Where do people sit? Do they have roles? Are there any individual or collective expectations? How do people leave?
Relationship Circle 	Identifies who is important to the person.	Shows who is important to the person. Identifies who can contribute to planning and shows the balance of family, friends and paid workers in the person's life.	1st Circle: INTIMACY. List people closest to you - those you cannot imagine living without. 2nd Circle: FRIENDSHIP. List good friends - those who almost made the first circle. 3rd Circle: PARTICIPATION. List people and organizations you are involved with - people/groups you where you participate. 4th Circle: EXCHANGE. List people you PAY to provide services in your life.
Doughnut 	Identifies specific responsibilities.	Helps you to know where you can be creative without fear. Creates a culture of accountability.	Have a specific activity or situation in mind. List the things that must be done, things that are important to the person, health and safety concerns, these are the core responsibilities . Then explore things that people can experiment with, where creativity and judgement can be used. Check out if there are any things not your responsibility .
Presence to Contribution 	Encourages creative thinking about activities and how to use them as opportunities for participation and contribution.	Promotes being included, leading a full life, doing interesting things and making a contribution as a full member of the community.	Identify activities that the person is already, or wishes to be, involved in. Decide where on the graphic 'from presence to contribution' this currently sits. Work together to move the activity from present to presence, active participation to connecting, connecting to contributing. Ask: Which activities can be used for developing relationships? What might we see if the person is truly connecting? What might we see if the person is contributing or investing in the community?
Who Am I? My style? 	Explores personal style and preferences in both home and community situations.	Identifies what works and does not work for the person. Also, what the individual needs to be successful in the community.	Ask the person and those close to them to talk about what usually works well in everyday life. Then ask what doesn't work. Pay attention to what we learn from this information when trying new things in the community.
Matching Support 	Gives us an idea of what skills, supports and people make for good matches.	Encourages people to think about what kind of support they want from those who will support them.	Complete each section in order. When completing personality characteristics, think about the following questions: Who is the person closest to? Who has helped the person to have good days? What are the things they do together? What personality characteristics do they have in common? What or who create a bad day? (Things/characteristics to avoid)
Mapping our Networks 	Helps supporters map out their own networks.	The person supported may be linked to someone in the networks.	Explore what the networks are, how they might be used and how we feel about it. Ask: What are the networks? How might we use them? What are the common interests? What links you? Who do you know who knows someone who might provide networking opportunities?

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Tool	What it Does	How it helps	How To Use It
Histories and Life stories 	Captures the story of the person including key relationships, events and memories.	Provides a way to see the person in the context of their own history. Gives insight to gifts and skills, important events, roles and relationships.	Use a range of mediums to capture the person's history or life story such as a graphic history map or timeline, collating photographs and keepsakes, building a scrap book or writing a story. Ask: Who are and have been the key people in your life? What roles have you had through your life? What achievements are you most proud of? When have you been well supported? What places have you lived?
Hopes and dreams 	Explores hopes, dreams and aspirations and where they are likely to succeed.	Shows others what steps the person could take to move them closer to their dream.	In an ideal world what would life look like for you? What would you be doing and with whom? What gives you direction in life? What kinds of relationships do you want in your life? Where do you dream of living? Which places would you like to visit? What new things would you like to try? What are the places where these hopes and dreams make sense? Who are the people who need to be involved? What resources are needed to get closer to the hopes and dreams?
Community map 	A graphic representation of community, places and people.	Finds out what people do for fun, where people feel valued and welcomed. Matches those interests, gifts and skills with what's present in the community.	Invite people to create a map that includes significant places and people. Gather information by talking to others, checking out newspapers, newsletters, and the internet. Ask: What are the major streets for shopping, entertainment? What are the public places (community center) where people go? Where is the center of the community? What are favorite places to shop? What is unique to your community? Where are the informal places that people hang out? Who are helpful people and where can they be found?
Challenges and supports 	Provides a snapshot of the current reality and informs an action plan.	Encourages people to think about things that might get in the way of developing successful relationships.	Encourage people to imagine all the possible and actual challenges and supports. Ask: What things are getting in the way of making connections? What things are helping to make connections? How can we get around some of the obstacles? How can we build on supports?
Capacity mapping 	Explores gifts and skills and how they can be community contributions.	Shows what the person is good at and enjoys. Helps us think about people and places the person may get on with.	Invite the person and those closest to them to focus on positive possibilities. Ask: What do others like and admire about the person? What does the person have to offer or contribute to others? What is the person interested in or passionate about? Where can these contributions thrive? Who are the people who might help the person to make a contribution?
Passion audit 	Develops a treasure chest of shared interests.	Explores passions, hobbies, and interests of supporters and matching these with the person wanting supports.	Invite supporters to write down all their passions, hobbies and interests. Then ask them to think about the person they support and choose one which they think would be good to try together. Ask: What are your hobbies, passions and interests? What brings you joy? What gets you going in the morning? What motivates you? Which of these can you share to support someone?
Person centered review 	Explore what is important to and for a person now and in the future. Understand what needs to change.	A way to think about existing networks and connections, and problem solve what gets in the way of relationships.	Chart Headings: Ground Rules? Who's here? What we like and admire about . . . What's important to . . . now What's important to . . . for the future What . . . needs to stay health and safe Issues we are struggling with . . . questions to ask What is working? What is not working?
Person centered risks 	Helps support the person to live the life they want while keeping risk in perspective.	Helps find a balance between what's important to and for the person. Encourages shared decision making and use of community resources.	Gather information from people who know and care about the individual. Use chart paper with the following headings to write up the person centered risk plan: 1. Who is the person? 2. Where are we now? 3. Where do we want to be? 4. What have we tried and learned already? 5. What shall we do next?

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