

Like & Admire



This is a powerful person-centered thinking tool. It is asking about the person's positive qualities, respecting and affirming their individuality and appreciating how they contribute to the communities they are a part of.

This is about strengths and abilities, recognizing that regardless of disability everyone has positive characteristics that we can recognize and celebrate.

Using this tool is a great way to start a review meeting. It gets the focus on the person, reminding everyone why they are there and keeps the person at the center of the discussion.

It's great when people's friends are asked this question. Peers often say different things to families and paid staff and this can be enlightening. Parents and care givers often find this positive approach to talking about their young person's qualities is a welcome change from concentrating on what isn't going well or about difficulties with service provision or meeting needs.

This tool is also effective when discussing someone who may be experiencing challenging times. It reminds people that everyone has positive characteristics and even if behavior is a concern, this is not who they are as a person.

What we like and admire about someone is an inclusive question to ask. We all have qualities that people like and admire and although we don't always recognize them ourselves, sharing what we value, respect and enjoy about others at the start of a conversation has an impact on the type of discussion that follows.

Start out slowly and write things in that you know, continue to add in items as you become aware of them.

Once you have completed this, get creative and help the person to display it in their home, on their fridge or in a frame on the wall etc.