Good day/bad day

This person-centred thinking tool helps you to have conversations about what a good day is like, from when a person wakes up to when they go to bed.

You can then look at the same detailed information for a bad day. This helps us to learn what is important to the person – both what must be present in their day and what must not happen.

**What it does**

It is a way to learn about what matters to someone and what support they need to have good days and avoid bad days. We need this information about everyone who receives support, and colleagues as well. This is a way to start or add to one-page profiles for colleagues and for those supported, and to decide together on actions. To help the person to have more good days and less bad days, what needs to happen? This is recorded in the action plan.

**How it helps**

It helps to understand what matters to the person and what needs to happen for them to have more good days and fewer bad days.

**Use it now**

Below are templates for you to use.

The first one is blank and the second one has text boxes inserted.

These resources have been copied from <http://www.helensandersonassociates.co.uk/>

