

Key Feature: Our approach to care

All LPT mental health and learning disabilities services will promote and measure their compliance with the following approach to care:

- We are **Person Centred** in how we support a service user to ensure we meet their individual needs.
- We will help individuals' identify **their Goals** and describe what **Quality of Life** means to them, to shape the treatment and support we offer.
- We **Focus on People's Strengths** in the support we provide and look to build upon their capabilities when planning and delivering treatment and support.
- We will maintain a **Positive Perspective** free of judgement and prejudice and promote wherever possible individuals' making **Choices** and taking **Control**.
- We will help people to **Connect** and strengthen their **Social Networks** to increase the number of people they can turn to when they need support and assist them to develop a social identity.
- We will support people to **Identify** and **Use the Assets** available to them in and around their lives that can help them to stay well.
- We will help individuals to find **Hope, Aspirations** and **Motivation** in their health and life journey.
- We will help individuals to **Overcome Stigma** and form a **Positive Sense of Self** and **Identity** and not define themselves by their illness or diagnosis.
- We will support and encourage individuals to identify the things that give them **Meaning and Purpose** in their life.
- We will promote **Empowerment** of individuals to build on their strengths, take personal responsibility and control of their lives.
- We will **Collaborate** with individuals in decisions about their treatment and support.
- We will organise and deliver our services so that they are **Inclusive** and do not unduly exclude anyone.
- We will use **Language** that promotes collaboration, balance in power and creates equal understanding between service users and practitioners.
- We will work with other agencies supporting an individual to **Join Up** support wherever possible.

It is expected that Our Approach to Care will be incorporated into our ongoing quality measurement of services.