

Good Day / Bad Day

A good day is a day which the person enjoys, finds meaningful, feels they have achieved something or connected with other people. It is a day where much of what is important to the person is present, and where they have stayed healthy and safe in a way that makes sense to them.

A bad day is a day which the person does not enjoy or find meaningful, where they feel nothing has been achieved, where what is important to them has mainly not been present and where they have not been healthy or safe, or where they have been kept healthy and safe in a way that does not make sense for them.

1. Think together with the person and the people who know and care about the person most about:

What makes a good day for the person?

Who is usually there on good days?

What kinds of things does the person do?

What places does the person go?

Are there any important objects or routines that help make a good day?

2. Think about the same questions for a bad day.

3. Make a picture or description together of what makes a really good day, and what makes a really bad day.

4. Make a plan together about ways to have more good days, and fewer bad days – write this down. Make sure you know WHO will do WHAT by WHEN.

Good Day/Bad Day is a tool used by the Learning Community for Person Centred Practices: <http://www.elpnet.net> for more copies of this sheet go to: www.csrpcp.net