Introduction to the Support Sequence

The Support Sequence helps you to explore how to deliver the outcome creatively, using all available resources before considering support from Adult Social Care

1. **The persons strengths**
   Did I explore with the person how they can identify and build on their strengths, assets and qualities? Did I explore what else the person could do.

2. **Technology**
   Describe what apps or technology could help/ Think every day first (Alexa, WhatsApp etc) before considering assistive technology.

3. **Equipment and adaptations**
   Describe what products/ equipment/ changes could help, including to the home. Think every day first i.e. taking rugs up, preserving energy, adapted cutlery etc) before considering Occupational Therapy.

4. **Family, friends, and neighbours**
   Describe what family, friends, or neighbours could do or help with?

5. **Community**
   What is available in the local or online community (people, places, groups, events) that could help? Consider matching the person's interests.

6. **Universal services, settings or support**
   Describe any universal services or support that could help. Think GP, nurses, libraries, sports centres etc.

7. **Formal support from Adult Social Care**
   Before completing, reconsider if there is anything in options 1-6 that could meet people's outcomes, eligible or otherwise outside of support from Adult Social care. Also consider if support could be arranged differently (including by providers) to reduce call length or provision of additional support.