Good help checklist

If you are involved in the design or delivery of public services or social programmes, you might want to use this simple checklist to get a sense of whether the help you are offering is 'good help'.

Are you:

1. Recognising and building upon the influence and control that each person brings (**power sharing**)?

2. Having conversations that enable people to feel safe and ready to take action for themselves (**enabling language**)?

3. Helping people define their own purpose and plans, and responding to their individual needs (**tailoring**)?

4. Offering practical and emotional support that helps people take and sustain action, then stepping back as they build confidence to take action alone (**scaffolding**)?

5. Helping people connect with and take action with other people they identify with (**role models and peer support**)?

6. Expanding opportunities for people to take action (**opportunity making**)?

7. Sharing information between practitioners and the people being supported (**transparency**)?

To read the full publication and get involved, please go to:
www.nesta.org.uk/project/good-help