

## Considerations for engaging people in the process of working with risk

1. Using the Mental Capacity Act (2005) in the way it is intended (i.e. assume capacity unless otherwise indicated).
2. Does current mental state present a block to engaging an open discussion of risk?
3. Take care with the use of language. If you ask me *am I a risk* or *in what ways might I be a risk?* I might struggle to engage. However, if you ask me *what makes me feel safe or unsafe?* I might be able to find an easier way into a discussion that can broaden out to significant risks.
4. Sell the concept in terms that might benefit the person; don't impose the concept! Knowledge is power... and exploring previous risks and their context can provide powerful ways for a person to be in more control of their future.
5. Consider the use of tools that will aid collaboration, or even offer greater autonomy through self-assessment.
6. Counterbalance the inherent negativity of risk information with a focus on *strengths*.