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Empowerment Through Research: Bridging Academia and Society

QR Code for White Paper



Why is this research important?

Use of strengths-based practice in UK Adult Social Care is a government policy objective¹ **Therefore, any potential for collaborative work that might enrich and improve strengths-based practice in this sector should be of interest to Government policy makers, Local Authority commissioners and social care service providers.** Positive Psychology practitioners may also appreciate an opportunity to widen the scope of current strengths-based thinking within the sector.

Authors




Kate McAllister, (Associate Lecturer) & Dr Ceri Sims (Associate Professor).

Research rationale

Resource constraints, exacerbated by the pandemic, make delivery of strengths-based practice in Adult Social Care increasingly challenging².

Access to some scientifically validated Positive Psychology strength-based interventions might facilitate service delivery and even improve outcomes for clients.

Research objectives

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| Identify
Relevant findings and potential gaps in the literature. | Explore
Differences between the two approaches.
Can positive psychology interventions be used to facilitate strength-based practice? | Test findings
Interview professionals to establish appetite for and interest in developing a strengths-based Resource Pack for social care workers |

Method.

- a) Selective scoping study to compare differences between strengths-based practice in Adult Social Care (ASC) and Positive Psychology (PP) and identify any reference to PP strengths-based interventions in Adult Social Care literature.
- b) Semi-structured interviews with four professionals with experience of strengths-based work in Adult Social Care, or Positive Psychology, or both.

Findings. No evidence was found, either via the literature review or from interviews, of use of PP strengths-based interventions by ASC practitioners working with vulnerable people. **This is a missed opportunity, given the wealth of evidence³ about the benefits of PP strengths-related interventions.**

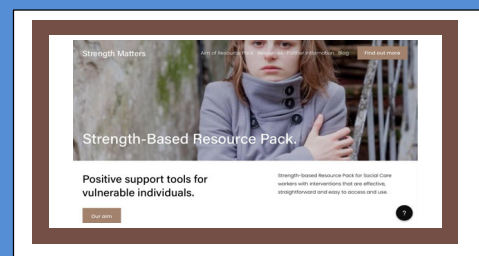
All interviewees showed enthusiasm for the idea of developing a strengths-based resource pack (possibly an App) for social care workers containing information and guidance on the use of PP strengths-based interventions.

Recommendations.

- Test the assumptions and findings in the White Paper.
- Evaluate the barriers to successful implementation of strengths-based practice in Adult Social Care.
- Establish the effectiveness of the strengths-based approach in Positive Psychology on wider populations,
- Develop a resource pack for Adult Social Care practitioners that includes information and guidance on the use of strengths-based interventions developed by positive psychologists.

We would like to issue an invitation to any professionals with a strengths-based background in either Positive Psychology, Adult Social Care or related fields, interested in collaborative work to share positive practice between the sectors and develop a strengths-based Resource pack for Adult Social Care workers to contact the following:

- kate.mcallister@bnu.ac.uk
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QR Code for references

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2024

