

RETHINK

Connect and Reflect



A guide for Parents & Carers



What is Rethink?

Rethink is a way of working with your family.

It helps us to think and talk with each other to reach a shared understanding.

With a better understanding we can make better decisions with you on what to do next.

Why Rethink?

It's time to rethink when things feel stuck.

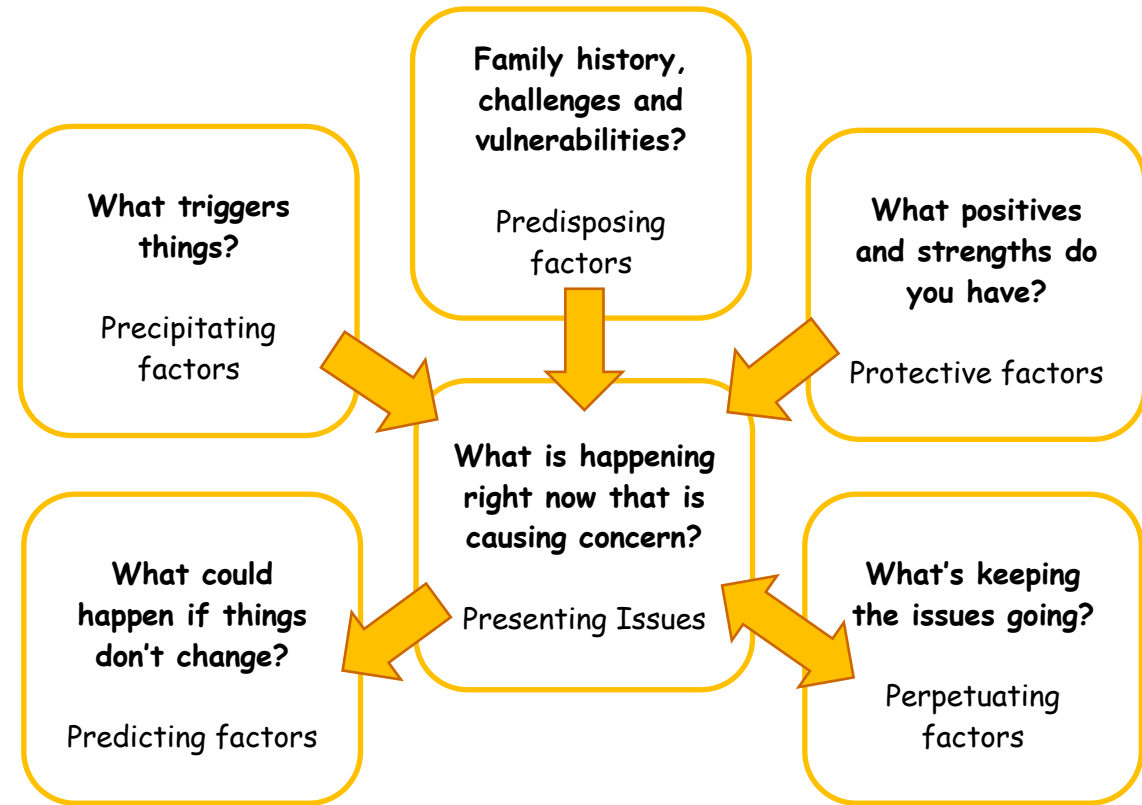
Rethink will help us talk about the reasons why things are not moving forward.

What to expect from a Rethink Meeting?

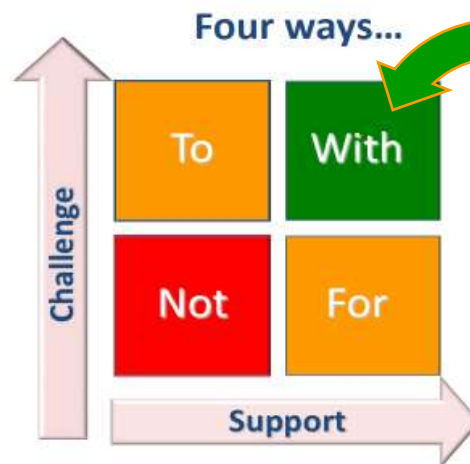
A Rethink Meeting gives everyone a chance to sit in a circle, have their voice heard and feel listened to.

Every opinion matters. It's a chance to put your ideas forward and be included in decisions and plans that are right for you.

Rethink will help us look at...



Understanding all these things will help us come up with a plan that moves us forward



The plan you come up with will work on the things that are keeping the issues going using the positives and strengths you have.

A good plan will challenge and support you to make changes by working with you. It will not feel like it's being done 'to' you and will not do things 'for' you, as these types of plan don't help you keep things going when services have gone.