# Good Day / Bad Day & Perfect Week – Transcript

"Good Day Bad Day" is a person-centered tool to think about the important aspects in a person's life that help them enjoy themselves. It helps them feel good about the activities they're doing and the people they're with, and it avoids the things that lead to a bad day, where they might be upset, frustrated, or experience high levels of anxiety. It's a really useful tool, especially when people are having more bad days than good days, because it helps sort out the things that are meaningful for them. It can indicate where changes might be needed or what needs to be reduced. It's also a good tool for people moving to a new setting or different accommodation, as it can help others understand what can make their life good.

Some of the things that help us have a good day might be simple, like catching the bus on time, getting the lunch we want in the canteen, or seeing a particular friend during the day. Sometimes, bad things that happen are outside of people's control—the bus is late, the canteen runs out of the food they like, or a friend isn't at college on the same day. These might seem like small things that people haven't spoken about before, so asking people about what makes a good or bad day for them helps them consider what is meaningful to them. It helps describe the routines that are useful for them as well.

The idea of discussing a good or bad day is to have more good days and fewer bad days. This can involve more complex issues, such as changes in a person's mental health needs or if they're not getting the right support. It can lead to discussions about what needs to change. The goal is to have actions after the discussion so that you can support the person to enjoy life as much as possible, finding it fulfilling and being with the people they want to be with.

Leading on from the "Perfect Week," "Good Day Bad Day" is the "Perfect Week" person-centered tool, which looks at a person's life over a week. It can be used to understand what aspects of the week people enjoy and what works well for them, or to identify gaps where things aren't happening as they would like. It's also used to think about the future and what will make a great week for someone, perhaps when they leave school or college, move to work, or enter a new living arrangement. It's a powerful tool in transition reviews, particularly when people from a multidisciplinary team, who may have never met the person before, don't know them, and the person can be supported to think about their perfect week before the meeting. They can go in prepared to discuss or show the things they want to be doing in their future.

It also helps staff who might be there to advocate for the young person to convey to others what the person truly wants, such as the desire to do work, volunteer, or gain work experience and eventually get a job. In this way, the "Perfect Week" can be an aspirational tool because it opens up discussions about the possibilities of achieving that perfect week. It's also important that we listen to what people tell us about the aspects of their week that are important to them, whether it's going on a shopping trip, enjoying leisure activities, or watching a certain program on television. This knowledge can assist staff, especially for those leaving home to live in supported living or independently, to understand what needs to happen in their week. It's a great planning tool, and you can use it in different ways.

Think about your own perfect week, and if there were gaps in there, what you would need to do to make it happen. That's the conversation we have with people: how can we change things, how can we give you a really great week where you're doing the things you want to do with the people you want to be with? That makes for a really great life.