

## Happiness/Safety Plan Matrix – to determine an acceptable plan for the person

Discuss with the adult how happy they are with each option. The risk rating will give an indication of whether the proposed option is likely to be safe and whether or not it is likely to make the person happy. This can be used to discuss and agree the best options for the person.

Happiness/ Safety Safety	Happiness				
	A "I am very happy with this option."	B "I am happy with this option but have some concerns."	C "I am not sure about this option."	D "I am unhappy with this option."	E "I am very unhappy with this option."
1 "This option makes me safe."	These strategies should be taken forward in the first instance.	These strategies should be taken forward in the first instance.	Attempt to explain the benefits of the option to increase acceptance Consider alternatives?	Find out what the individual is unhappy with and review and revise.	Options that someone is very unhappy with should be reconsidered.
2 "This option makes me quite safe."	These strategies should be taken forward in the first instance.	These strategies should be taken forward.	Attempt to explain the benefits of the option to increase acceptance Consider alternatives?	Find out what the individual is unhappy with and review and revise.	Options that someone is very unhappy with should be reconsidered.
3 "It is not certain whether this option will make me safe."	Identify safety strategies to increase confidence.	Identify safety strategies to increase confidence.	Find out what the individual is not happy with and why they feel it will not keep them safe and review and revise.	Find out what the individual is unhappy with and review and revise.	The person is unhappy and unlikely to be safe – reconsider plan.
4 "This option does not make me very safe."	Identify safety strategies to increase confidence.	Identify safety strategies to increase confidence.	Find out what the individual is not happy with and why they feel if will not keep them safe and review and revise.	The person is unhappy and unlikely to be safe – reconsider plan.	The person is unhappy and unlikely to be safe – reconsider plan.
5 "This option does not make me safe at all."	If someone is not feeling safe at all the option should be reconsidered.	If someone is not feeling safe at all the option should be reconsidered.	The person is unhappy and unlikely to be safe – reconsider plan.	The person is unhappy and unlikely to be safe – reconsider plan.	The person is unhappy and unlikely to be safe – reconsider plan.

There are a number of tools that can help with person centred approaches to support decision making, these can be found [here](#)