

research in practice

Strengths-based working



Strengths-based working focuses on people's strengths, including their knowledge, skills and capabilities. By working in this way, it is possible to enable and empower individuals.

This selection of learning resources about strengths-based working can be used to support evidenced-informed practice with adults.



Read

Quick read: [The strengths based approach in practice: How it changes lives; Blog \(2022\)](#)

Longer read: [Developing strengths-based working: Strategic Briefing \(2019\)](#)

Longer read: [Social work with older people: Frontline Briefing \(2024\)](#)

Various resources: [Good decision-making in adult social care: Change Project Resources \(2025\)](#)



Tools

[Strengths-based practice: Brief Guide \(2020\)](#)

[The Social Work Organisational Resilience Diagnostic \(SWORD\) tool and workbook \(2nd edition\) \(2021\)](#)

[Promoting good social work with older people and their families: Practice Tool \(2024\)](#)

[Navigating Complex Capacity Decisions in Social Care: Practice Guides and Tools \(2025\)](#)



Watch

15 minutes: [Strengths-based practice: Film \(2020\)](#)

52 minutes: [Recording strengths-based conversations: Recorded Webinar \(2019\)](#)



Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#)'.

For more resources, explore resources for adults [strengths-based working](#).



Listen

3 podcasts (10-20 minutes each): [Strengths-based conversations \(2018\)](#)

27 minutes: [Exploring the value of storytelling in social care: Podcast \(2022\)](#)