

Expressing preferences – Guidelines for use with individuals or groups of people with a learning disability

Materials needed (all image files can be downloaded from the website):

- Wall space / board / table
- Blue/white tack, pens
- Photos or drawings of options
- Hearts (large and small cards in members' colours)

General principles:

- Everybody chooses a card colour, which is their colour for all activities.
- For people with colour-blindness, their name or initials should be written on the cards, or a small photo of them can be glued in the middle of the cards. For people with no vision, thicker cards should be used.
- If the activities in the toolkit are regularly used by a group, they become a shared language that everyone can learn to use and understand.

How to use the materials:

1. Each option (e.g., where to go for a holiday or daytrip, how to spend some money, planning a programme of activities...) is represented through a photograph or drawing.
2. All the drawings/photographs are spread out on a table or wall/board.
3. Everyone is given or chooses a LARGE HEART and a SMALL HEART card in their colour.
- 4a. Each person places the large heart (in their colour) on their favourite option and the small heart on their second-favourite option.
or
- 4b. Everyone can just have one 'vote' and place one heart (in their colour) on their favourite option.
4. The option with the most hearts is the winner (a large heart is 'worth' two small ones).
5. If two options have the same number of hearts (a draw), the least popular option(s) should be taken away and everyone should place their hearts again.
6. The winning option can be put up on a board or wall, or recorded in a photograph (e.g. to be included in the minutes of a meeting).

If you have used any of the activities, please help us to continue developing our toolkit by filling in our short survey on the website, or by emailing Lisa El Refaie (RefaieEE@cardiff.ac.uk) with your feedback/suggestions.