THE IDENTITY WHEEL

Greater Manchester
Mental Health
NHS Foundation Trust

Developed by Rydal Ward Project Team, as part of the Mental Health Act QI National Collaborative

What is the Identity Wheel?

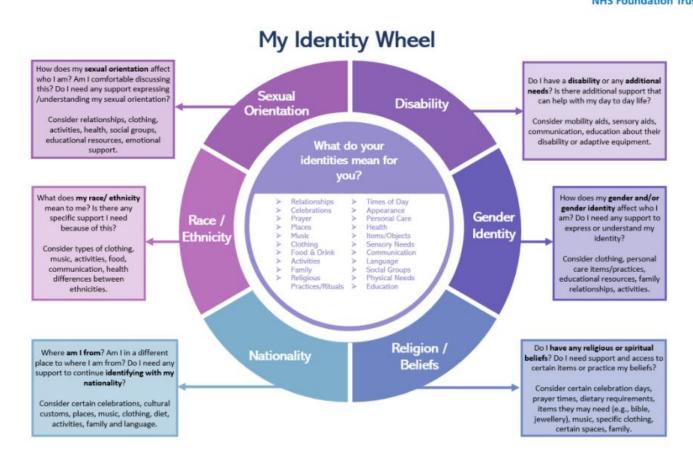
The Identity Wheel is a resource that can support with planning inclusive and culturally appropriate care by effectively considering a person's identity. The wheel provides prompts to explore the following aspects of a person's identity—sexual orientation, disability, gender identity, religion/beliefs, nationality and race/ethnicity and can be used by patients and staff during 1:1 and care planning sessions.

How does it work?

The wheel displays each identity aspect on the outer circle, with a corresponding box detailing questions and prompts of how to consider these aspects in relation to someone's care. Inside the wheel is a list of potential needs to consider depending on elements of identity the person has disclosed.

For example, if someone is receiving inpatient care and have dedicated prayer times to practice their religious beliefs, medication and ward rounds can be planned around this.

For people with autism or neurodivergent needs the identity wheel can highlight consideration for different communication methods when panning 1:1s and access to specific quiet areas.





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My Identity Wheel

How does my **sexual orientation** affect who I am? Am I comfortable discussing this? Do I need any support expressing /understanding my sexual orientation?

Consider relationships, clothing, activities, health, social groups, educational resources, emotional support.

What does my race/ ethnicity mean to me? Is there any specific support I need because of this?

Consider types of clothing, music, activities, food, communication, health differences between ethnicities.

Where am I from? Am I in a different place to where I am from? Do I need any support to continue identifying with my nationality?

Consider certain celebrations, places, music, clothing, diet, activities, family and language.



Nationality

Do I have a **disability** or any **additional needs**? Is there additional support that can help with my day to day life?

Consider mobility aids, sensory aids, communication, education about their disability or adaptive equipment.

How does my gender and/or gender identity affect who I am? Do I need any support to express or understand my identity?

Consider clothing, personal care items/practices, educational resources, family relationships, activities.

Religion / Beliefs

Disability

Gender

Identity

Times of Day

Appearance

Health

Personal Care

Items/Objects

Sensory Needs

Communication

Social Groups

Physical Needs

Language

Education

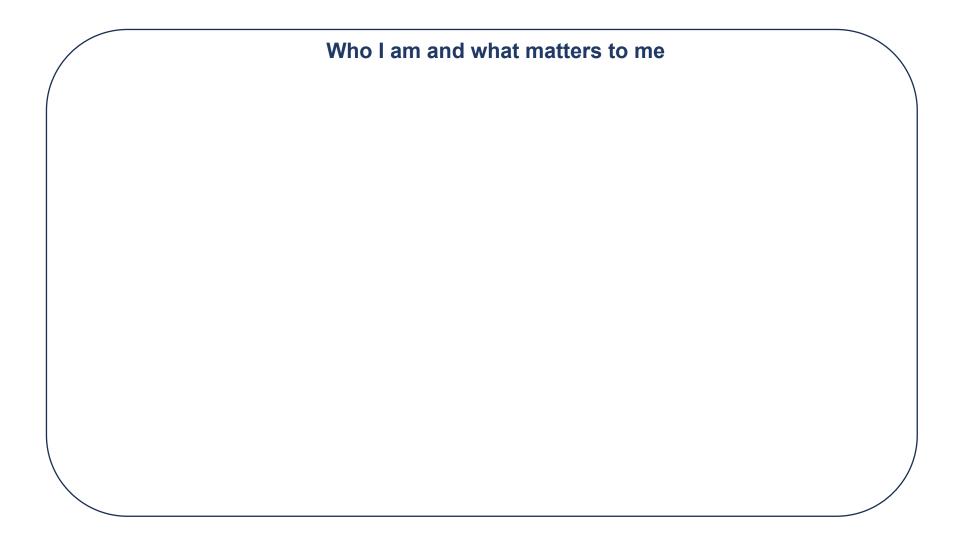
Do I have any religious or spiritual beliefs? Do I need support and access to certain items or practice my beliefs?

Consider certain celebration days, prayer times, dietary requirements, items they may need (e.g., bible, jewellery), music, specific clothing, certain spaces, family.





My Identity





The Identity Wheel: Example Links to AFS Care Plan



	Nationality	Race/Ethnicity	Sexual Orientation	Disability	Gender Identity	Religion/Beliefs
Name & Pronouns	Name pronunciation	Name pronunciation		Communication needs	Preferred name and pronouns Family awareness	Name pronunciation Multiple names
Language	What language(s) do they speak? Is an interpreter needed?	What language(s) do they speak? Is an interpreter needed?		Communication needs (written, verbal, AAC)		What language(s) do they speak? Is an interpreter needed?
Date of Birth						Do they celebrate their birthday?
Likes & Dislikes	Specific foods, music, clothing, activities, interests	Specific foods, interests, activities, clothing, music	Specific interests, clothing, books, music	Specific equipment, places, activities, communication	Specific clothing, activities, names, titles, places	Specific places (e.g., mosque), items, music, foods, events
Advance Statement	Diet, treatment, language, locations	Diet, treatment, care provider, language, location	Care provider, information sharing, are family accepting?	Treatment, environment, communication, aids	Care provider, clothes, care preferences, are family accepting?	Diet, treatment, language, practices, locations
Risk & Safety	Discrimination support, language	Racism support	Discrimination support, relationships/family support, ward	Equipment/aids, discrimination support	Discrimination support, family support, ward, healthcare	Discrimination support, access to items/places
Mental Health & Recovery	Supporting identity – celebrations, music, clothing, activities	Supporting identity – celebrations, music, clothing, activities, food	Supporting identity – celebrations, education, family, relationships	Supporting identity – aids, communication, accessibility	Supporting identity – healthcare, family, education, personal care	Supporting identity – prayer, place of worship, events, food, practices,
Physical Health		E.g., Illnesses that are more common in some ethnicities, detection of skin conditions	Sexual health, fertility	Mobility needs, toileting, showering, aids, equipment, communication	Gender specific healthcare (e.g. cervical screen), care provider, hormones, surgery	Treatment preferences, practices (blessings, rituals, prayer), appointment times
Leave	Consider language (location, transport, shops, public)	Supporting identity – community locations, food, celebrations	Supporting identity – community groups, relationships, events	Accessibility – sensory environment and aids, physical environment and aids	Supporting identity – community groups, clothing, toilets	Supporting identity – places of worship, events, food shops (e.g. halal meat), family