

THE IDENTITY WHEEL

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?

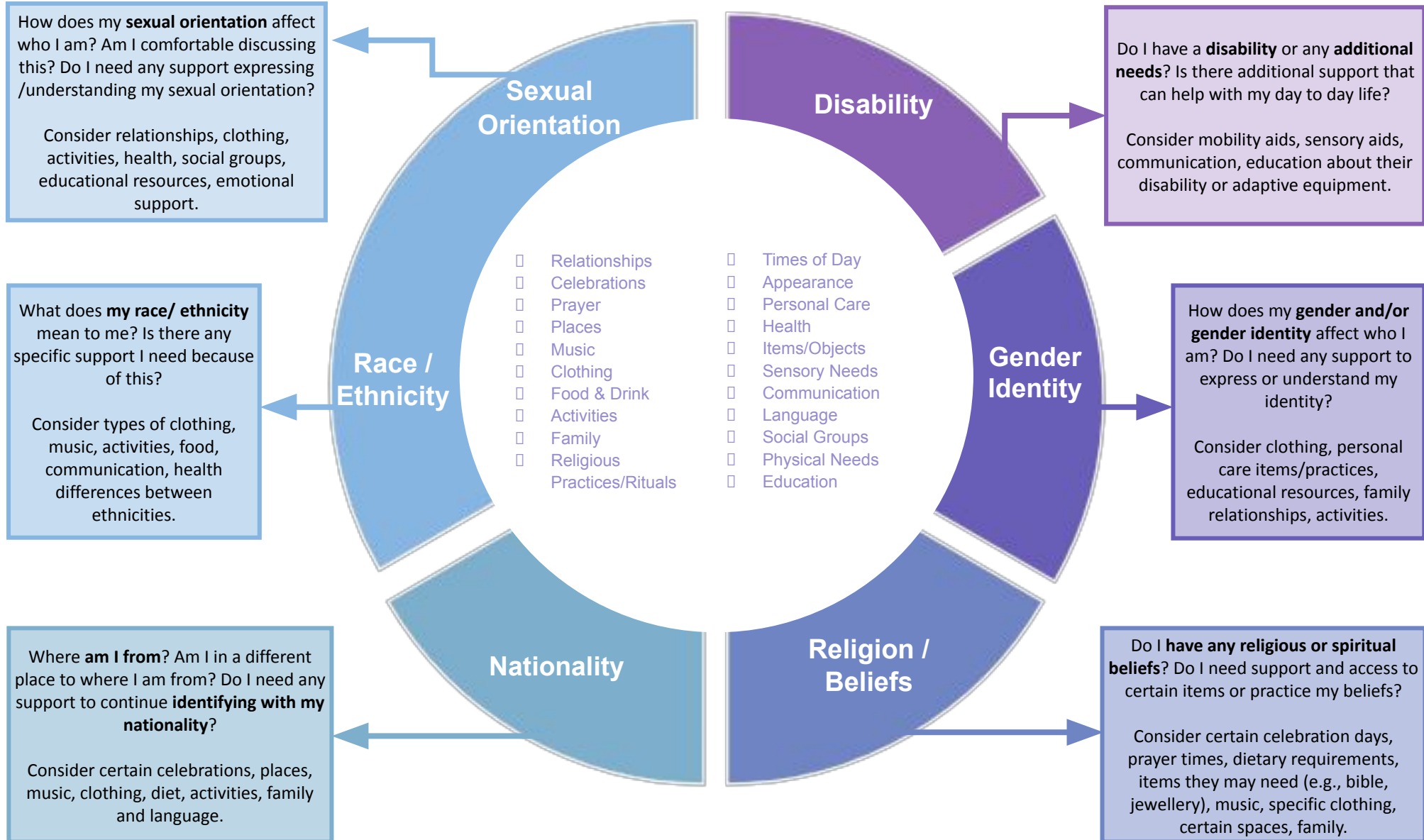
The wheel displays each identity aspect on the outer circle, with a corresponding box detailing questions and prompts of how to consider these aspects in relation to someone's care. Inside the wheel is a list of potential needs to consider depending on elements of identity the person has disclosed.

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.

My Identity Wheel



My Identity Wheel



My Identity

Who I am and what matters to me

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