

Family and Group Conferencing for Adults

**Gathering the central
person's information
for a Family and Group
Conference for Adults**

CHECKLIST

This checklist can be used to develop a template or tool in your own organisation. It is a number of questions – all of which relate to the central person’s experience, hopes, and preferences for the Family and Group Conference.

- > **What do I hope to achieve with a Family and Group Conference?**
- > **What am I pleased about, or proud of, in my life?**
- > **In what areas of my life might support be helpful?**
- > **What background do I wish to share before the Family and Group Conference?**
(This can include any social care or health services that I use, but it doesn’t have to)
- > **What is currently going well, and what helps?**
- > **What is currently not working so well?**
- > **Has anyone expressed any worries about how things are for me now?**
- > **What would I like to discuss and plan at my Family and Group Conference?**
- > **Which friends, family members and other important people would I like at my Family and Group Conference? What is my relationship to them?**
(This can be family, friends, and anyone else who is important to me. They can be put into order of preference of attendance)
- > **How is it best to connect with them?**
(This can include contact details and any contact preferences, such as ‘best to telephone in the afternoon’)
- > **Are there any people from social care, health, housing, or other services I would like at my Family and Group Conference?**
(Whether professionals come is completely my choice)
- > **Is there anything else I would like to share before my Family and Group Conference?**

With thanks to the FGC service in the Essex Partnership University NHS Foundation Trust for sharing their template, on which this checklist is based.



www.researchinpractice.org.uk



ask@researchinpractice.org.uk



@researchip.bsky.social



uk.linkedin.com/company/research-in-practice

Part of the National Children's Bureau -
Registered charity No. 258825. Registered in England and
Wales No. 952717.

NCB RiP - Registered in England and Wales
No. 15336152.

Registered office: National Children's Bureau,
23 Mentmore Terrace, Hackney, London E8 3PN.
A Company Limited by Guarantee.

www.ncb.org.uk

© Research in Practice January 2026