## research in practice

### Supporting individuals, teams and organisations

#### **Tool:** Person-centred timeline tool

This tool enables you to talk to someone about the future as a consequence of Covid-19 in whatever way is helpful to them, and to start to plot how things might change and what they want to happen.

#### Me now

How Covid-19 affects me (at work/at home/both)

What is important to me

# The near future – as an exit plan begins to change things a bit

How Covid-19 is likely to affect me

What will be important to me

# The medium future (repair stage) - as things start to change a lot

How Covid-19 is likely to affect me

What will be important to me

### The far future

How Covid-19 is likely to affect me

What will be important to me