

Appendix I – Person Directed Plan

My Own Plan

Date of the 1st plan

Dates the plan was changed

What do I hope that this plan will help me accomplish?

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Who helped me with this plan? (Who gave me information?)	

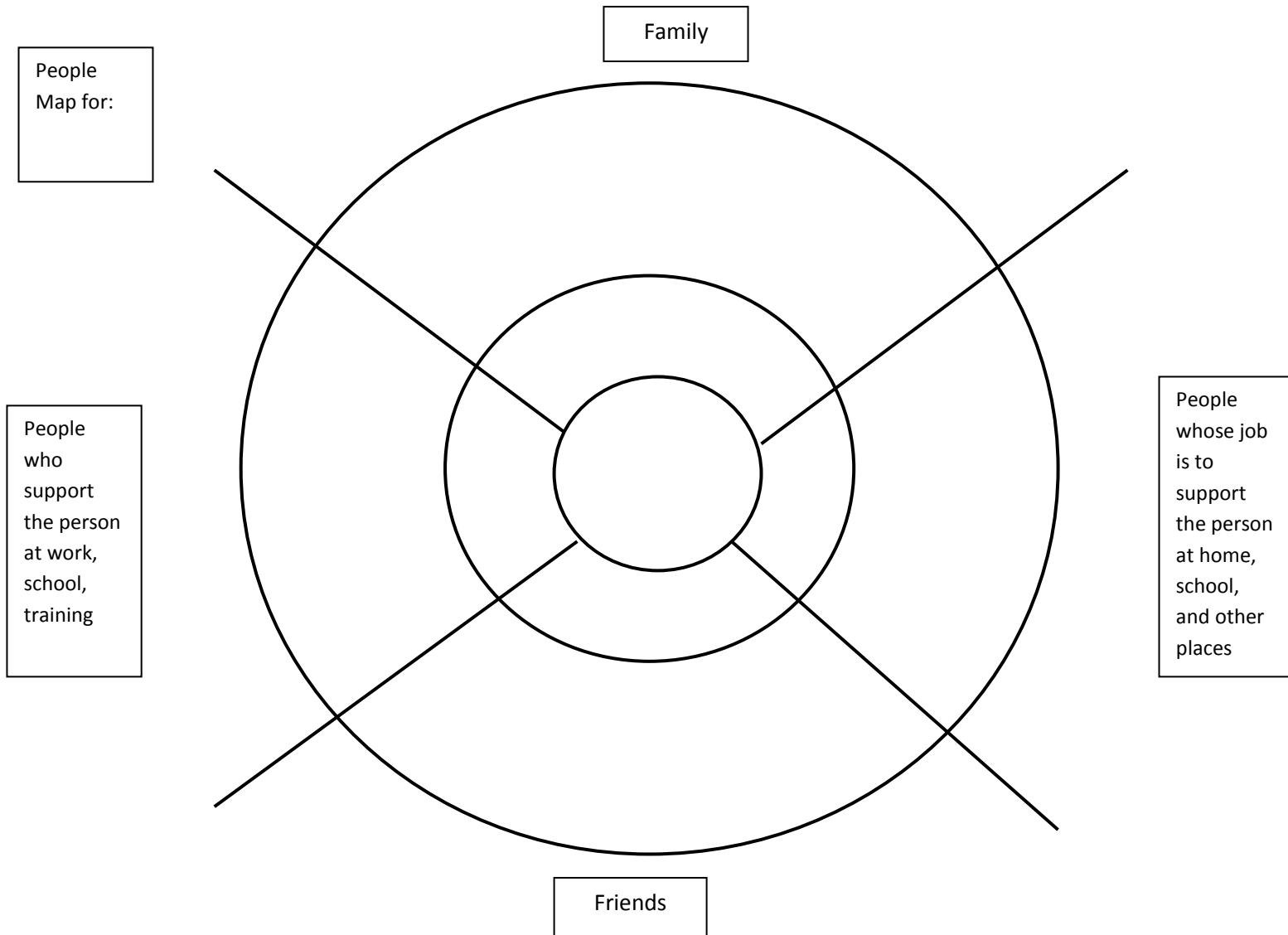
Who do I still need to talk to? (Others who can help me get more information)	

My Story	

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My Introduction – Great Things About Me

What do people like and admire about me? What are the good things they say about me? How would I like to be introduced?

	New Things I have Learned About Myself
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The Dream	
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What is Important to Me

What do I want other people to know about the things that are important to me? Who are the people that are most important to me? What do I do with them? What are the things that I have to do (and things I need to have) if I am going to be happy?

•	New Things I have learned About Myself
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**What are the
Characteristics of people
Who support me best?**

If I was going to pick a new person to work with me (e.g. case manager, staff in a home) what would I look for? What do the people that I like to work with have in common? Have there been people that I couldn't work with? What do they have in common?

•	New Things I have Learned About Myself
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What Others Need to Know
Or Do to Support Me

If I am going to have the things that are important to me, and stay healthy and safe, what do people need to know about me? What do they need to do? How do I Need to be supported at home, at work, and when I am out in my community?

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**What Other People Need to Know
Or Do to Help Me Stay Healthy and
Safe**

Do I have medical conditions or mental health issues that other people should know about? Are there times when I need help in managing my medical or mental health?

•	New Things I Have Learned About Myself
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Things to Figure Out

What are the things that I am still trying to “figure out?” What are the things about me, my condition, or the supports that I get that I don’t understand or where I need more information? What are the things that are getting in my way?

	New Things I Have Learned About Myself
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How Do I Communicate

What is happening	What I do	What I think it means	What others should do

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The Nightmare	
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What is Happening in Your Life – The Upside and Downside

Look at what is working and not working, makes sense and doesn't make sense in your life right now. Think about... <ul style="list-style-type: none"> • Where you live • What you do during the day • Who you spend time with • The services that you receive to help you stay healthy/safe • Issues with medication – how it works, side effects • What you do for fun • Other parts of your life 	What I think – my perspective	
	What works, makes sense, the upside	What doesn't work, doesn't make sense, the downside
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What is Happening in _____'s Life – The Upside and Downside

Look at what is working and not working, makes sense and doesn't make sense in _____'s life right now. Think about... <ul style="list-style-type: none"> • Where you live • What you do during the day • Who you spend time with • The services that you receive to help you stay healthy/safe • Issues with medication – how it works, side effects • What you do for fun • Other parts of your life 	What Others think – their perspective	
	What works, makes sense, the upside	What doesn't work, doesn't make sense, the downside
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Action Plan

Name: _____

Length of Plan: _____

Date of Planning Meeting: _____

What can I do to make sure things that are working, continue, or change those things that are not working? What can other people do to keep things that are working and to change those things that are not working?

GOAL	HOW (ACTIONS)	Who is Responsible	Due Date	What has occurred?	Done ✓