

# My Person Directed Plan



**Name:**

Making a Person Directed Plan will help me:



Get ready for transitions !



Connect me to my community  
and help me build relationships !

Support me with finding volunteering  
work or take classes in areas I like !



## How do you make a plan?

There are lots of pieces in a plan. For each piece, I might need help to do something, that's why it's important to think about people in my life who are already helping me and how to find community people to support me with my plan.



### Make the Plan

The first step is to invite anyone that is important to you and who you want to help you make your plan.

In that plan will be your dreams, goals and how to make your plan happen!



### Action

After your plan is made, everyone will help you to do the different pieces of your plan.

We will meet regularly to make sure all the pieces are getting done or find out if you need more help.

You will review your goals to make sure you still like your plan or make changes



### You did it !

Your plan will be complete when you have reached your goals.

While putting together all the pieces of your plan, you will build community relationships to help you in the future! When you are ready, they can help you start a new plan with new goals!



## About me!



**How do you like to communicate? (talking on phone, email, in person, with help from someone, sign language, letters,etc)**

**How do you get around the city?**

**Do you go anywhere by yourself?**

**Do you have any hobbies?**

**Do you have any collections?**

**Do you like to read books or magazines? What kind?**

**Do you like animals?**

**What is your favourite store at the mall?**

**Do you go on the internet? What are your favourite websites?**

**Do you do any budgeting? (banking, taking care of money, etc)**

**What are your favourite movies?**

**What shows do you watch on TV?**

**Do you like sports? Do you play or watch?**

**Do you like music? What kind? Do you watch music videos?**

**Do you like to play instruments or sing?**

**Do you like the outdoors? Have you ever gone camping?**

**What types of classes do you like?**

**Do you like cooking?**

**Is there a chore you like doing?**

**Do you speak another language?**

**Are you a morning person or do you stay up late?**

**Do you like to attend religious services?**



# These are relationships that are important to ME!



Family I see often, like my parents and family that lives far away like cousins.



People I see in the community for example doctors, employer, pastor



People I like to hang out with and some that I don't see often.

People who provide me with service like an APSW, social worker, therapist, case worker, one to one worker, staff.



# A Snapshot of Me in My Home!

Draw or write about things you do at home (ex. chores, hobbies, things you do in your spare time)



# A Snapshot of Me in the Community!

Draw or write about things you do in your neighbourhood or the community (ex. clubs, work, volunteer, drop-ins, schools/classes, shopping, library, sports, etc)







## My Weekly Schedule Right Now!

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

# My Talents - My Interests - My Challenges

**Things I am good at:**

List your talents, skills and what people like about you!



**Things I like:**

List things you find interesting and are important to you.



**Things I don't like**

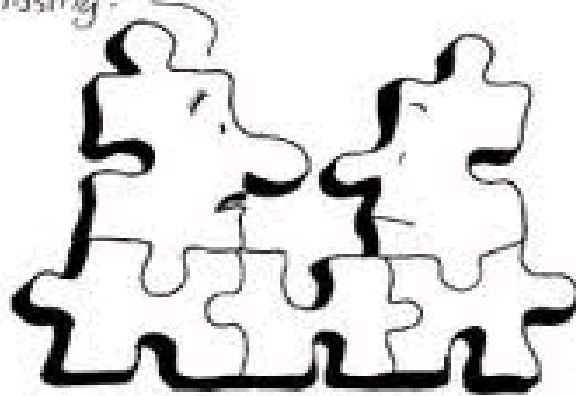
List some things you find challenging, things that might upset you or things you don't like to do.





## Why do Person Directed Planning?

Ever get the feeling something's missing?



Person Directed Planning can help you figure out what might be missing in your life, and help you to find it!



The missing piece might be for you:



a job



volunteering



a safe comfortable place to meet people



classes



sports



anything you want to do!

# My Dream - My Team

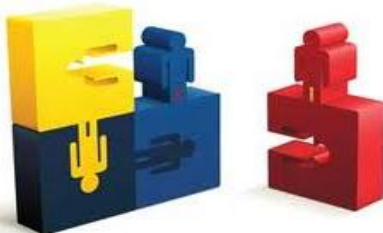
## My Dream

Write or draw things you would like to happen in your life.



## My Team

What types of community connections would you like to make?



# What are Goals?

Goals are things that point you to where you want to be, not where you are today.

What are your goals?



Your team will help you find a way to make your dream fit for you!



What are the steps?

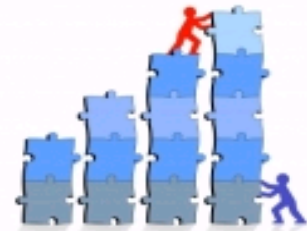


What do you need to do to reach your goal?

You can't do it all by yourself, get help!

Learn about community connections and places to go

What are some obstacles or roadblocks?



What could stop you from reaching your goal?

Build on your skills and get experience!

Track your progress and review your plan.



Take time to check-in with your team and review you plan to make sure there's action in your plan!

Keep working on the next steps!



Celebrate when you reach your goal!



Use your new skills and community connections to make more changes in your life!

## My Goals



Now we are going to talk about what goals you want to work on in your plan.  
When you finish a step, check it off and move on to the next step!  
If you didn't get something done, talk to your team about why it didn't happen to decide if you need more help or to change the steps if you need to.

Goal #

I want to \_\_\_\_\_

First steps to reaching my goal	Who will help me with this step	Do the step by this day	Result

What community resources can I use? What community connections can I make?

## Reviewing My Goals



It is a good idea to review your goals to make sure everyone is doing the piece they said they would do, and find out if there are any obstacles. Your goals might change in your plan as things change in your life.

**Goal #**

I want to \_\_\_\_\_

Next steps to reaching my goal	Who will help me with this step	Do the step by this day	Result

What community resources can I use? What community connections can I make?



# Person Directed Planning - My Next Meeting

Date



---

Time



---

Place



---

To Do List for next meeting



## Goal #1

Goal:

---

Step:

---

If I need help

I can ask:

---

## Goal #2

Goal:

---

Step:

---

If I need help

I can ask:

---

## Goal #3

Goal:

---

Step:

---

If I need help

I can ask:

---

# You Did it!



Celebrate! You earned it!

When you reach your goals, you have completed your Person Directed Plan!

But the journey doesn't end here. You now have the experience and tools to continue and choose new goals to work on!



You have new community connections, resources and successes to build on!



# My Community Toolkit



My toolkit has information about places and people who I have connected with while I worked on my Person Directed Plan.

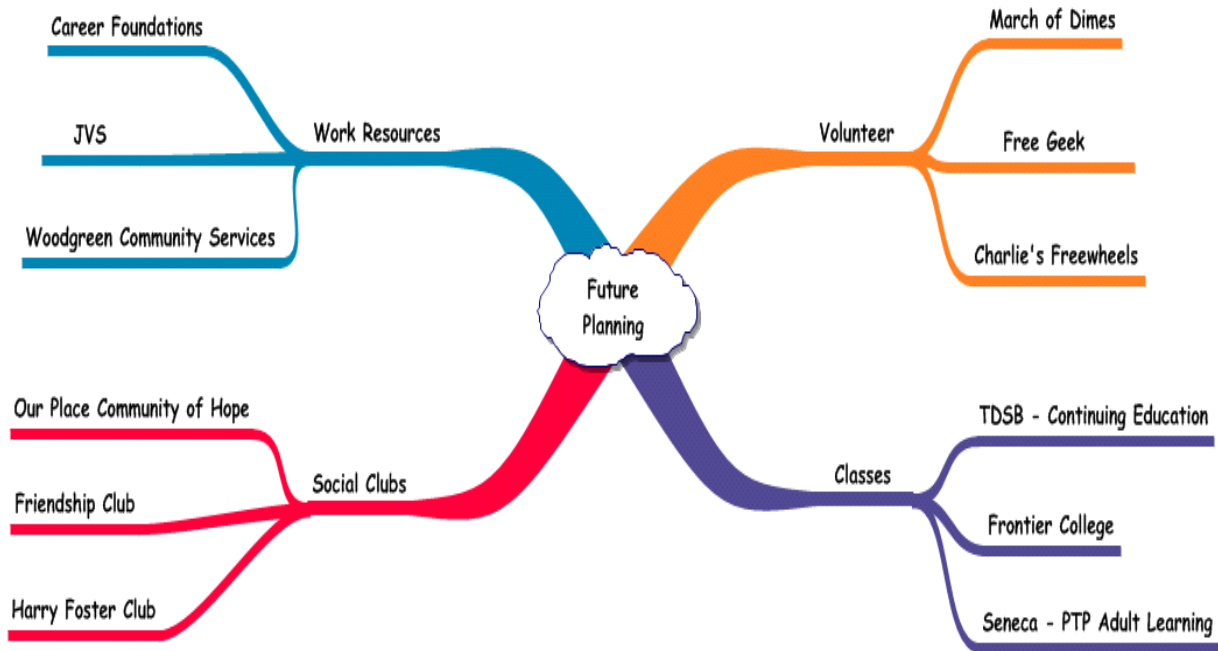
My toolkit has been made just for me! It has community connections for areas I like, places I feel safe and comfortable and information I might need for future goals.

I can visit these places when I need help with a situation.

I can call when I need information.

I can email when I need help.

The following is an example of an Inspiration Software map. A map is created for each client to display their resources that are included in their Community Resource Toolkit.



# Library



**Closest Library to me:**

**Address:**

**Phone Number:**

**Website:** [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca)

**How can the librarians help me?**

The librarian can help me with :                      Research, library information, career information,  
homework help.

**What kinds of program do the libraries have?**

I can ask the librarian at the information desk to help me find programs like:

Literacy

Homework clubs

Social Clubs

Writing groups

Computer classes

Crafts clubs (example knitting, drawing)

**Where:**

**Address:**

**Website:**

**Contact Person (if there is one):**

**Phone Number:**

**How can they help me?**

**What can I do there?**

# Employment



**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

---

---

**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

---

---

**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

# Classes



**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

---

---

**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

---

---

**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**



# Volunteering



**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

---

---

**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

---

**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

# Social Groups



**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

---

---

**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

---

---

**Where:**

**Address:**

**Website:**

**Phone Number:**

**How can they help me?**

**What can I do there?**

