

## ***LIFESTYLE PLANNING PROCESS***

*Steps for facilitators, individuals, families  
and network planning groups*

### **1. What is the Context?**

*Goal:* To get to meet the person/family, to build a relationship and understanding, and to build mutual respect.

*Possible probes or activities:*

- What is my life like now
- What is my family's life right now
- What do I do at various times
- What are my favourite things
- What people like about me
- Who is part of my life right now
- What are the main issues for me right now?

*The whole point of being person-centred is to really honour the person and get to know them as a whole person – do not think in silos or program boxes. In the early stages, it is also a time to share the goals and values of the Lifestyle Planning Process.*

### **2. Who is Part of my Personal Network**

*Goal:* To gain sense of the person's support network, and to support the individual and family to invite others to be part of the planning network.

*Possible probes or activities:*

- Who is important to me now
- Can I map all the people in my life
- Who from this map would I like to help me figure out how I can have a good life in community? – Join a planning network?
- Who in this map would I like to know better
- Would I like to have an ongoing support network?

*Some families are cautious at first to involve others in planning. This process of engaging others may emerge slowly, but facilitators are constantly bringing it to the table – some of the mapping ideas help people to start to think of their networks – we all have networks, but seldom are they well used!!*

### **3. What are my Dreams?**

*Goal:* To support the person to dream and to be intentional about building a good life in community.

*Possible probes or activities:*

- What are my dreams? What do I hope for in the future? Some dreams will be specific; others will be vague/long term
- Dreams are related to where you are now and where you want to be
- Takes time to figure out my dreams
- Exercises could help and questions – “what does a good life look like for me?”
- Dreams relate to fears – what are my fears?
- Safety of group is important so that I will be willing to share my dreams
- remember to probe on the dreams – what is it about...?

*Dreaming is key to building a good life – What do we think is possible? What do we hope for? Some individuals and families will not know how to dream – some exercises and fun future dialogues can help people begin to think about what is possible?*

#### **4. What are my Strengths and Interests?**

*Goal:* To enable the person and the network planning group to identify strengths and interests of the person.

*Possible probes or activities:*

- What am I good at?
- What gifts do I have and what would others say about my gifts?
- What are my interests?
- What do I love to do?

*Our approach is strengths based. Knowledge of gifts and strengths give us the basis of thinking about participation. And even small things as strengths need to be noted – the way she smiles, the way he communicates!*

#### **5. What are My needs?**

*Goal:* To enable the person and the network planning group to identify needs of the person in clear needs statements.

*Possible probes or activities:*

- What daily needs do I have?
- What routines help ensure that I will have a good day?
- What kind of schedule addresses my needs?

- What would others say about my needs?
- Beware: needs are often thought of as deficits!

*Here the idea is to capture what the person needs to have a good life – for example, someone may need to feel secure in order to leave the house, someone else may need very careful routines in order to have a meaningful day. Writing good needs statements is also important here.*

## **6. What Goals Make Sense so that I can Build a Good Life**

*Goal:* To enable the person and the network planning group to develop goals for the Lifestyle plan (the goals will emerge from the dream, the strengths, and needs, and may only come one at a time).

*Possible probes or activities:*

- Given my dream (especially if it is clear), who would understand the dream?
- Given my dream (especially if it is clear), what places would understand the dream?
- Given the list of people and places, what goals now make sense?
- Given my strengths and needs, what would I like to do that I could be successful at doing?

*There is power in purpose – work hard at getting a goal or two right with the person – the intention and purpose can then drive all actions and implementation. And keep the goals focused on participation in community life as much as possible – this is the area that people need to enhance their lives a great deal.*

## 7. What Actions and Supports will make these Goals Come Alive?

*Goal:* To enable the person and the network planning group to develop a plan for implementing the goals (sometimes a smaller group can do the first draft and then share it with the network planning group).

*Possible probes or activities:*

- For each goal, what actions make sense?
- Who can do this action? (friend, family, paid support)
- When should this be done?
- Who will monitor this action plan to make sure it happens well?
- What supports will be needed (informal voluntary, formal paid)?
- How will we arrange for these supports to be developed?

*The creative process is very important here – you want to think of individualized supports that build on the dreams and the community as a first resort – you may find resources in the community that do not cost anything and that are a good fit, or you might purchase support, or you may hire your own connector or support person.*

## 8. What will my Plan Look Like

*Goal:* To develop a plan that describes the person, their dreams, strengths, and goals as well as the actions and supports that will be needed. A budget for connectors or individualized support may also be attached. It is critical in

the Plan to identify both informal supports (family and friends and community) as well as formal support (paid support).

*Some plans will be informal and just be a page or two because they are going to change rapidly. Others will be very detailed because the person knows what they need and the plan is designed to help them apply for what they need. More and more, people are using individualized planning in order to apply for individualized funding to address their disability support needs.*

## **9. Who will Implement my Plan?**

*Goal:* To ensure that the Plan is implemented as designed. In the Plan, various network planning group members will have taken on responsibility, as well as community partners. The facilitator supports the person and the family to insure that the plan gets implemented as designed.

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**Steps here designed by John Lord**, who extends thanks to many consumer leaders and families who were the pioneers of person-centred planning.

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