

# Creating a Good Life in Community

## A Guide on Person-Directed

## Planning

Plain Language Version



**This *Person-directed Planning Guide* has been designed by:**

The Individualized Funding Coalition for Ontario  
[www.individualizedfunding.ca](http://www.individualizedfunding.ca)

**Writing Team:**

Charlotte Dingwall  
Kristi Kemp  
Barbara Fowke

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**A more detailed version of this guide is available at the above websites.**

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## A message from the authors

This guide on person-directed planning has been written for you. Inside this guide, you will learn about:

- why it is important to build a life in the community
- how you might want to plan



Planning helps you build a good life in community!

## About some of the words in this guide

### Your life is changing (transition)

Transition means your life is changing. When your life is changing, it is time to make some choices.

An example of your life changing is when you leave high school. When you start life as an adult, you will have to start thinking about your future. You will want to make choices about:

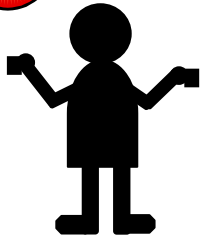
- learning
- volunteering
- participating in the community
- relationships
- work

## **Community**

‘Being in community’ is about our need to belong and be with others.

This guide will help you to think about how you can build a good life in the community.



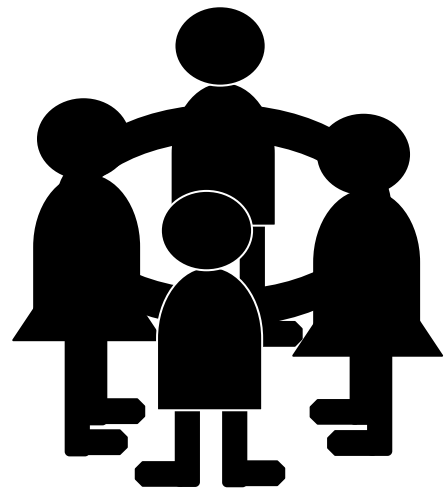


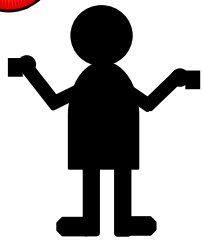
# What is person-directed planning?

Person-directed planning is about you and your life, now and in the future. Planning helps you choose the actions to make things happen in your life.

A person-directed plan can help others understand:

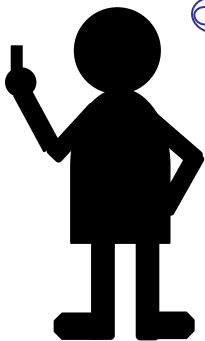
- what you want
- what you need
- how you want to do things
- who you want to help you





# Why is planning important?

Here are some of the reasons to plan:



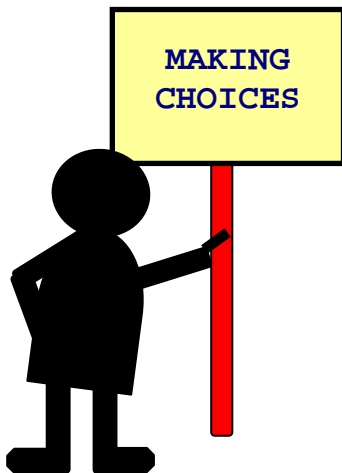
- Your life is changing



- To build a future

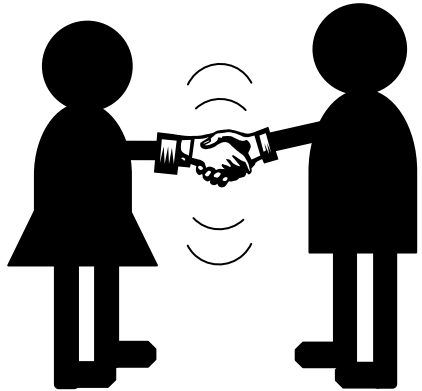


- To learn about and participate in your community

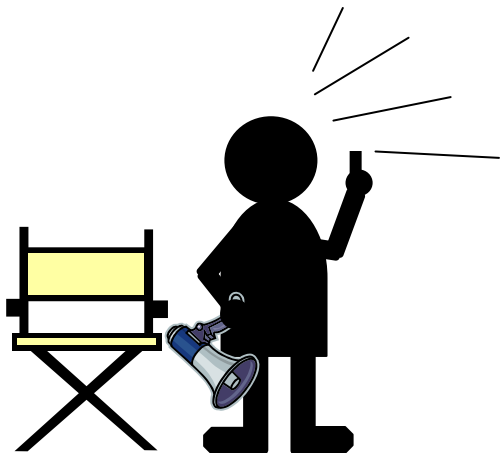


- To have more choice and control over your life

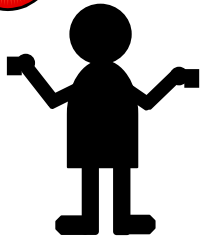




- To think about relationships
- To have more people in your life



- To tell other people the best ways to help you

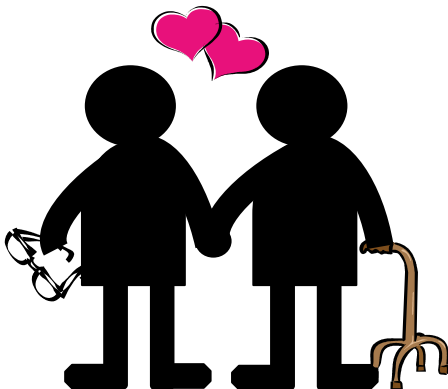


# Who can help you plan?

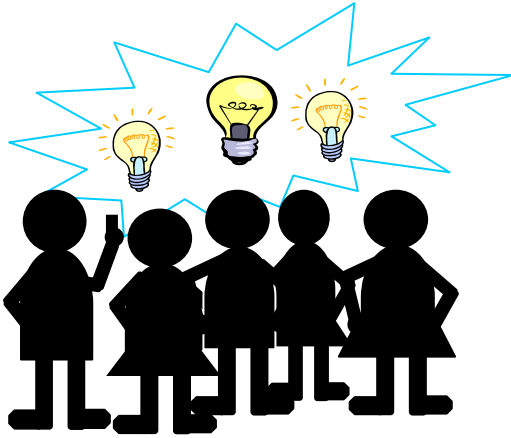
You will want to include people you like and trust to help you plan, like:



- family
- friends
- your support circle



- your boyfriend or girlfriend



- a facilitator
- other people

You probably **don't** want to invite people to help you plan if...

- they don't listen to you
- you don't trust them
- they don't understand you
- they don't believe in you



## Role of an independent facilitator

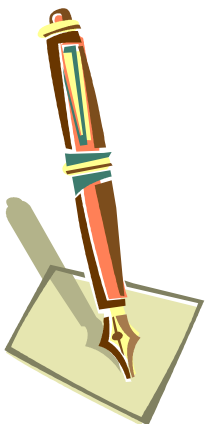
A facilitator is someone who...



- Listens to you



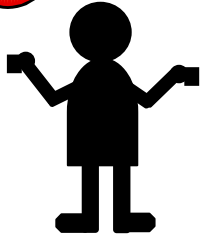
- Asks questions that help you think about different things you can do in the community



- Writes things down



# How do you plan?



You might want to have a meeting with some of the people in your life to start planning.



You can meet wherever you want. For example:



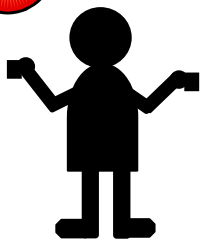
- **your house or a friend's house**



- **a library**



- **a restaurant, coffee house, or café**



# What is included in a plan?

It is your plan, so you get to choose what goes in it! A plan can have words, pictures, or both.

Your plan might also have information that helps people get to know you. This might include:

## Your vision



- your dreams
- your hopes for the future

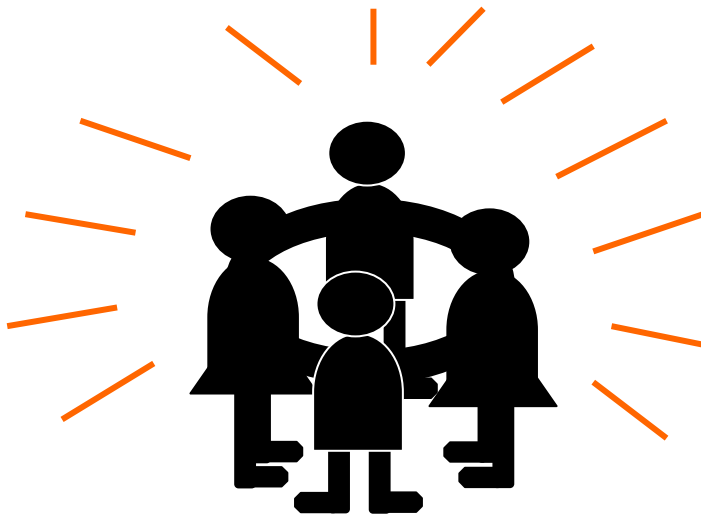
## Getting to know you



- routines that are important to you
- your history
- your likes and dislikes
- your health
- what you want to do in your life

## Your relationships

A plan also includes who is in your life right now.



Thinking about relationships is a good way to discover:

- who you might want to get to know better, and
- who you might be able to spend time with.



## Your talents and abilities

A plan should also talk about the great things about you, like:

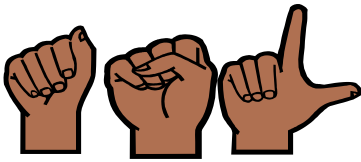


- your talents
- your strengths
- things you are good at
- things you enjoy doing
- things others count on you for
- things you would like to try

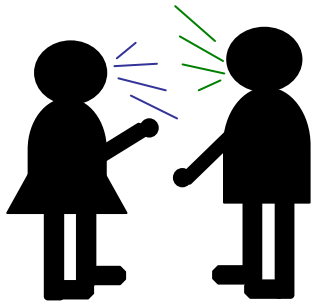


## How you communicate

It's also very important to make sure others understand how you communicate what you want and need. Not everyone talks with words. Instead, you might use:



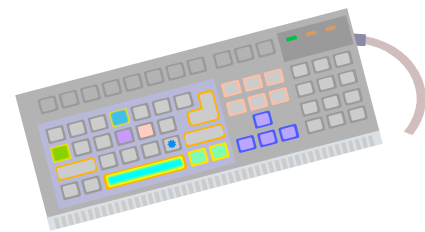
- sign language



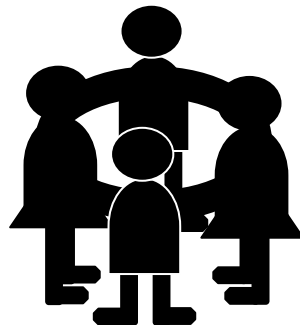
- sounds



- pictures



- a computer keyboard



- the understanding of your family and friends of what you want

## Exploring and knowing your community

It's good to find things that you are interested in doing. In your plan, you might talk about places:



- where you can learn
- where you can volunteer
- where you can work
- where you can become a member
- that are nearby in your neighbourhood
- that you go to regularly
- that give you a sense of belonging

## Your needs

We all have certain needs to build a good life in community. It is good to put these needs in your plan. Some examples of your needs might be:

- daily routines
- health
- transportation
- experiences
- safety and security
- skills
- support
- learning
- coaching
- relationships

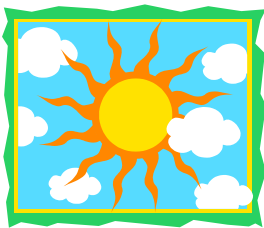


## Goals

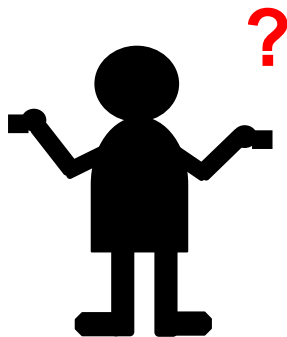
Goals help you figure out what you want to do in your life.  
Goals can include:



- who you want to have in your life



- how you want to spend your day, evening and weekends



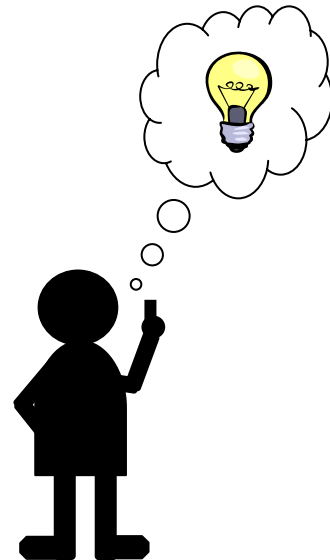
- where you want to work and volunteer

## An example of setting a goal

If one of your goals is to **find a job**, then there are thinking steps and action steps you can take to work towards your goal.

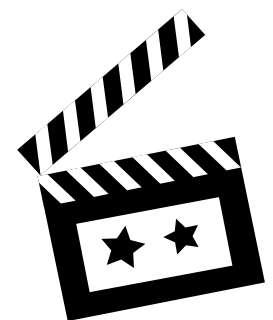
### Thinking steps

- think about the things you like to do
- think about the things you are really good at
- think about the things you would like to try



### Action steps

- match up the things you thought about with the kind of jobs you might do
- tell your family, friends, and supporters about the kinds of jobs you want so that they can help you look
- find out what the job is like by talking to people who are doing it now
- talk to an employment agency

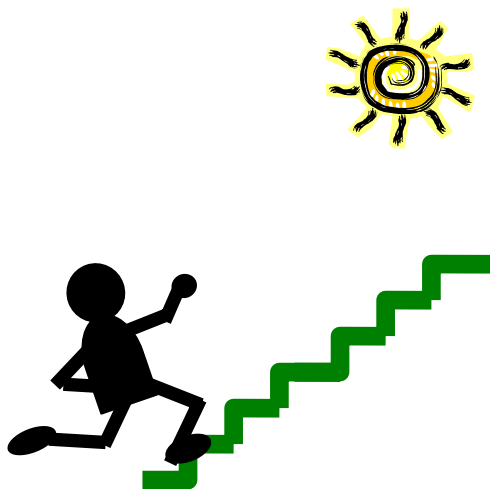


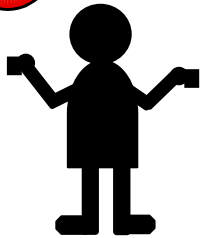
## Action

Your plan will not just be something that is written down on a piece of paper – you will need to act on it and make it happen. Your plan should answer these kinds of questions:

- What is going to happen?
- How is it going to happen?
- Who will help make it happen?
- When is it going to happen?

Person-directed planning **ALWAYS LEADS TO ACTION.**

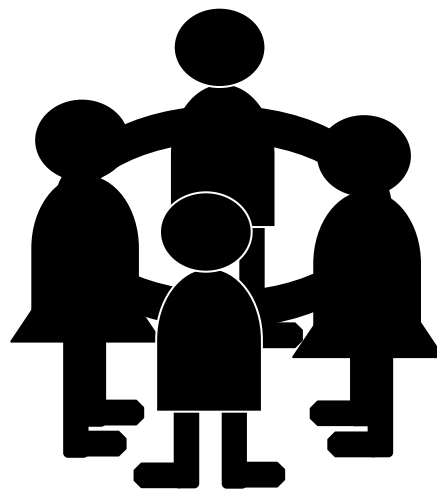




## What support do you need?

It is helpful to think about the kinds of support you will need to make your plan happen. Your plan will probably have things you can do on your own, and things that you will get help with. Some people who might help you are:

- friends, family, and support circle members, and
- paid support workers.





# Is everyone doing what they should be doing?

You will need to review your plan and make sure it still makes sense.

You might ask questions like:



- Does my plan still fit me?
- Do I want the same things as I did before?
- Do I still have the same goals?





- Are people doing what they said they would do to help me?

- What things have I already done?

- What things do I still need to work on?



- Is it time to make a new plan?



# What do you do with a plan?

You may want to use your plan to:



- direct your supports

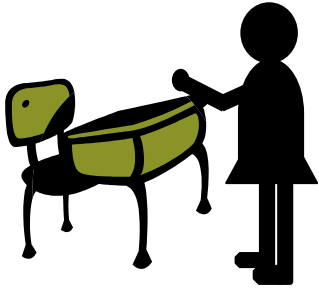


- apply for money to get the support you need



- work towards your dreams and goals

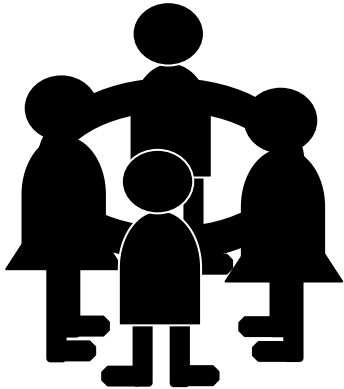
## Some of the things you might do are:



- to take a class



- to take art, dancing, or music lessons



- to join a club
- to make new friends



- to get a job or volunteer in the community

# A poem on planning

When asked what planning meant to her, Barb Fowke, a member of People First Ontario, wrote the following poem:

## Planning

★ Planning is preparing for the future ★ Planning is your day or preparing a meal or what to wear ★ Planning is facilitating ★ Planning is an idea ★ Planning is a journey ★ Planning isn't so easy sometimes ★ Planning is a lot of fun ★ Planning is listening to you and caring about your interests in what you do and what you want ★ Planning is a challenge ★ Planning is a helping hand ★ Planning is a goal that you wish to accomplish ★ Planning is a thought ★ Planning is an opportunity ★ Planning takes time, a long time ★ Planning is support ★ Planning is having fun ★ Planning is a chance to make new friends ★ Planning is a choice ★

★ Planning is not sad, planning is happy ★

