



Planning Choices



PERSON-CENTRED PLANNING

Person-centred planning empowers people. It focuses on who a person is — their gifts, strengths, needs and goals — and puts them in charge of setting the direction for their lives. This leads to people being included as valued members of their community.

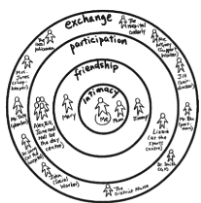
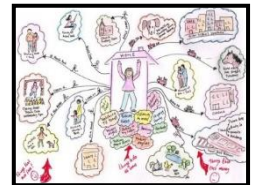
There are many ways that you can plan and lots of people who can assist you with planning. You may choose to plan with a service provider, a facilitator, an independent planner, another government entity (i.e. STADD, WorkBC), or choose to create a plan for yourself. Below are some common planning tools and who typically (but not always) uses these tools. When choosing if and how to engage in planning, you may want to think about whether:

- You already have a clear idea of what you want to do
- You know of resources in and have connections to your community
- You have an existing support network of family, friends and colleagues
- You are seeking employment or post-secondary education
- You have complex support needs or communicate in a unique way
- You have specialized needs and are involved with more than one support system
- You will be relying on natural, generic and unpaid supports
- You may have additional paid supports and services
- You may be receiving services from a service provider
- You may have Individualized Funding or a microboard

Ultimately it is your decision on whether, how and with whom you plan based on what works best for you and your family.

PLANNING CHOICES

Community Mapping (sometimes called Asset Mapping): Community mapping is a process where individuals or groups make a map or inventory of the resources (assets) of individuals, associations and organisations in their community. Every community has a tremendous supply of assets and resources that can be used by people, as well as to build the community and solve problems. For individuals, community mapping can help them identify resources to link with to build on their interests, strengths and goals. (Used by individuals, families, service providers, facilitators, independent planners, community organizations)



Relationship Mapping: A Relationship Map allows us to appreciate the nature of the social networks and gives us more reasons to work on relationships with community members. If social connection and friendships are a goal for an individual, a relationship map is a useful tool to assess current connections or gaps and look at ways to build more and stronger relationships. It is a great tool to begin building a circle of support around a person. (Used by individuals, families, service providers, facilitators, independent planners)

PATH (Planning Alternative Tomorrows with Hope): PATH is a team-facilitated graphic planning process that was developed in Canada and is now used throughout the world. It is a process tool used for both individuals and groups and helps people create a vision for their life and is usually but not always conducted by 2 people, one of whom acts as a graphic facilitator who records the information in a visual way. The process starts with people's big dreams, highlights what is possible in the near future, identifies the supports needed to get there, and the steps to be taken right away and at various points. (Used by service providers, independent planners)





MAPS (McGill Action Planning System or Making Action Plans): MAPS is another team-facilitated graphic planning process much like PATH. Through the process a person and their support network create the individual's story while considering their dreams and their nightmares. From this a vision is developed and steps outlined and responsibilities for tasks delegated. (Used by schools, service providers, independent planners)

Essential Lifestyle Planning: Essential lifestyle Planning (ELP) is sometimes referred to as part of a Person-Centered Thinking approach and is a way to discover and describe what is important to a person in everyday life. It captures what others need to know and do so that what is important to the person is present while any issues of health and safety are addressed. ELPs are particularly useful for people with complex support needs and for those who may not communicate in typical ways. (Used by service providers, independent planners)

Discovery: Discovery is an employment-based person-centred planning approach where you begin with finding out who the person is today and what skills they reveal in a variety of environments beyond the typical job setting. The process discovers skills and interests, ideal conditions of employment, important support considerations, what environment fits the person the best and who else can help. (Used by WorkBC, CLBC Employment Service Providers)

Interests	How often	How much
Animals		
Art		
Space		
Computer		
Cooking		
Dancing		
Exercise		

Personal Mapping: Personal Mapping is a process that uses 8 Quality of Life domains to help a person identify what is currently happening in their life and what they want to change and what goals they have. It is a visual tool that, when completed, gives a big picture of a person's life as well as a great deal of detail about what future they want and how they can be connected to community and supports. (Used by CLBC Facilitators)

People Planning Together: People Planning Together is a 2-day workshop and planning process in which self-advocates teach and work with other individuals with disabilities to plan. Because it uses a peer-led model, it models leadership and empowers participants to take greater control over their lives. (Used by ESATTA)



My Picture: My Picture is a planning tool used by STADD (Services To Adults with Developmental Disabilities), a support for transitioning youth in many areas of the province. In areas where STADD is established, a Navigator can help transitioning youth develop a plan using the My Picture planning template. (Used by STADD Navigators)

Facilitator Planning Tools: In addition to Personal Mapping, CLBC Facilitators use a range of planning tools for people who need a small amount of planning support to those who have more complex planning needs, such as individuals who are aging or need specialized supports in response to mental health, substance abuse, or other life circumstance, as well as those involved with multiple support systems. (Used by Facilitators)

Other Planning Tools: This list is not exhaustive and many service providers, for example, have created their own person-centred planning as well as service planning tools to support those they support. (Used by service providers)

For more information about planning options, talk to your CLBC Facilitator.

RESOURCES

Community Living British Columbia (CLBC)

CLBC Facilitators can refer you to planning resources in your area or assist you directly with planning. Check the CLBC website for local office contact information at www.communitylivingbc.ca.

Other Planning Resources

Centre for Inclusion and Citizenship (CIC), University of British Columbia

604-822-5872; <http://cic.arts.ubc.ca/>

The Centre for Inclusion and Citizenship on occasion offers CILLI (Canadian Inclusive Lives Learning Initiative), an 8-month in-person and online training program in which participants work through learning modules about best practices and leadership while developing a person-centred plan.

CLBC Service Providers

Individuals who receive CLBC-funded services through a service provider can work directly with their service provider to engage in person-centred planning. Service providers use a variety of planning methods and when selecting a service provider, individuals and families should enquire about how person-centred planning is conducted and how it informs the organization's service delivery.

ESATTA (Empowering Self Advocates To Take Action)

esatta.coop@gmail.com

ESATTA is a working co-operative owned and operated by self-advocates who deliver the People Planning Together training (based on Essential Lifestyle Planning/Person-Centered Thinking), along with additional planning tools, to other people with disabilities.

Family Support Institute (FSI)

1-800-441-5403 or 604-540-8374; <https://familysupportbc.com/>

FSI provides parent-to-parent connections and support in addition to having a resource database of individuals trained in the PATH method available for free or little cost. FSI's findsupportbc.com website includes community resources, a transition timeline, and booklets to assist individuals and their families to document and share information. The transition-age and adult booklets on FSI's website act as Personal Summary documents for those requesting CLBC-funded services.

Services To Adults with Developmental Disabilities (STADD)

1-855-356-5609; <https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/transition-planning-for-youth-young-adults>

STADD Navigators are available in many areas of the province to assist CLBC-eligible youth in planning for their transition to adulthood. Check the BC government website to see if STADD is in your area.

VELA

604-539-2488; <http://www.velacanada.org/>

VELA is a provincial organization that assists individuals and families to plan when they are creating a microboard or using Individualized Funding (IF) — organizational and payment forms that give individuals greater control over their supports and services.

WorkBC

<https://www.workbc.ca/>

WorkBC offices are located throughout BC offering support to individuals looking for employment. In addition to standard employment services, WorkBC can provide customized employment services, including the Discovery planning process, for those who need more specialized support in finding work.