



Community Living Toronto | Surrey Place Centre | Community Living Wkwemikong Anishinaabek

TIP SHEET

Using the Wheel for Person Centred Planning



In this tip sheet, the Person Centred Plan (PCP) will be referred to as an Individual Life Plan. In the development of the Individual Life Plan we must consider everything that is important to Natives/Aboriginals/First Nations People:

- Respect for our heritage, language and culture;
- A sense of spirituality;
- Having family, friends and loved ones close by;
- Remaining a part of the community. Being treated the same as others, and accepted the way we are;
- Caring for others, and being cared for ourselves;
- Love and respect of the land;
- Feeling security and love; and
- Having choices.

Development of the Individual Life Plan

Who should be involved in the Individual Life Planning Circle?

Individual, family members, friend(s) support worker, primary counsellor, and whomever the individual and family want to be involved in the planning circle.

Identify the individual who will be responsible for setting and chairing the planning circle gathering.

Individual Life Plan Circle Gathering.

Five outcomes important to people:

- Choices;
- Respect;
- Participation and communication;
- Learning and growing; and
- Relationships.

Start with a past.

- Who was in the person's life?
- What is still important from the past?
- What do they miss from the past, if it was a person, what did they like about the person?

- When you look at the past, you can conceptualize what might be important for the future plan.
- Painful things – be present and listen as they are talking about painful things. Saying nothing and just listening is sometimes all that matters.

On to the present.

- What are the individuals' likes and dislikes?
- Gifts and qualities of the individual.
- What service and support is the individual currently receiving?

Dreaming.

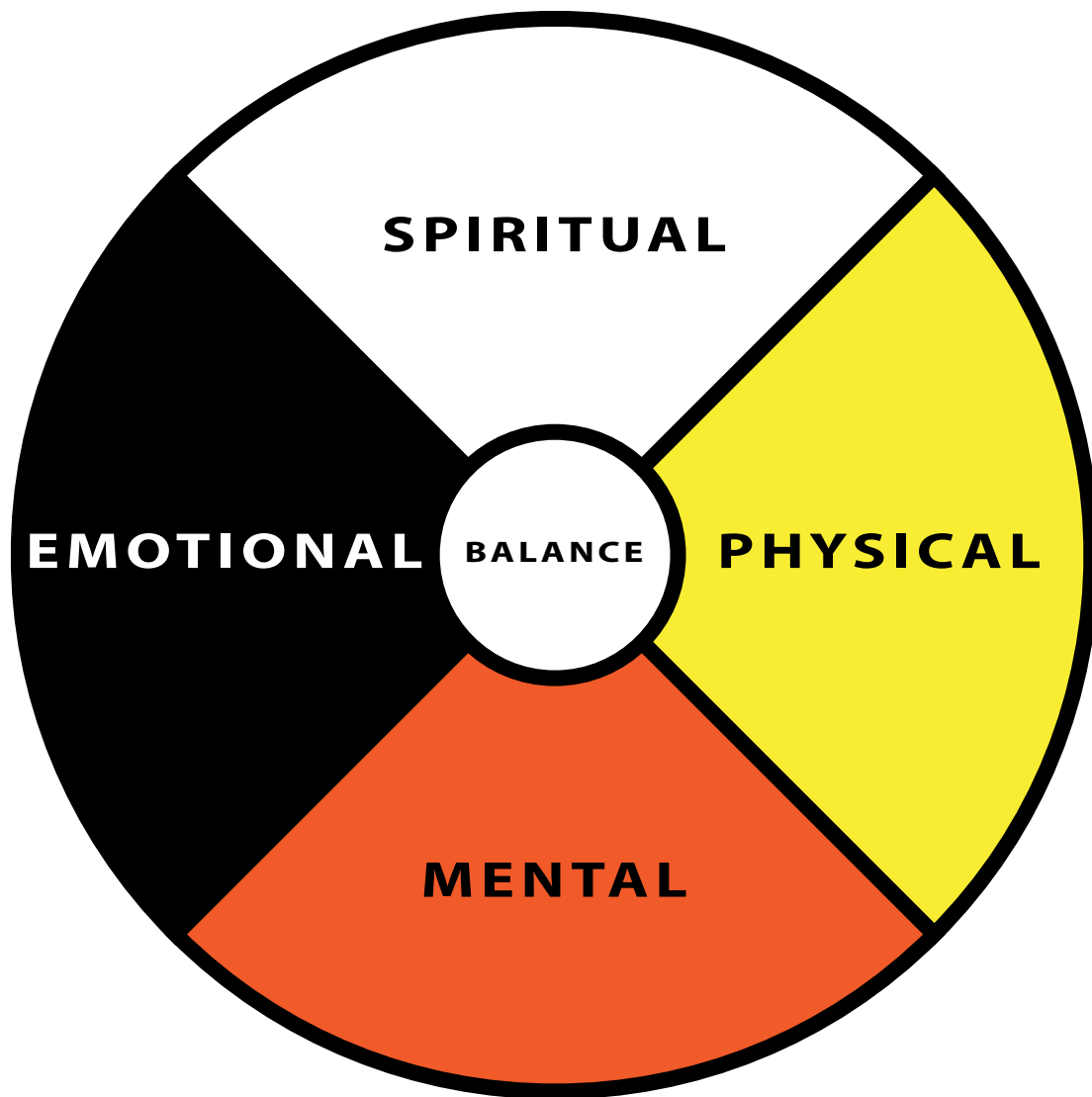
- Ask questions about their dream.
- What is the spirit of their dream?
- Explore their dream – even if it is not attainable.
- Short term and long term goals developed from the dream.
- Look at all parts of a person's life- the physical, mental, emotional and spiritual needs.

Physical – choice of safe home, respite care, financial resources, choices of health services, assessments, etc.

Mental – behavioural supports, psychiatric supports, supports for addictions, supports for issues of abuse, etc.

Individual Life Plan

Name: _____



Individual Life Plan

Background Information	Type of Individual Life Plan
Name:	Intake
Program:	Annual
Date of Birth:	Emergency
Date of Admission:	Review
Date of Individual Life Plan:	Discharge

Individual Life Plan Team

(Team should include individual, parent/family member, primary counsellor, supervisor/director)

Name:	Title	Agency	Signature

Individual Merit

Current Services and Supports

Current Medication & Treatment	Date Started

Assessment(s) Completed	Date	Assessment(s) Needed	Date to Start

Needs: Categorized into immediate, short term, or long term actualizations.

Immediate:

Short term:

Long Term:

Physical: choice of safe home, respite care, adequate resources, choice of health services.

Emotional: choice of daily activity, leisure, community participation, family and friends.

Spiritual: choice of traditional or non-traditional beliefs.