



## **A guide to asking questions when exploring goals**

As part of the Picture My Future process, the Support Person will work with the person to explore their hopes and dreams for the future. Meetings 1 and 2 will involve discussing the person's likes and dislikes as well as the people, places and things that he or she would like for his or her future. Here are some things to consider during this discussion:

Questions should be:

- Meaningful to participants;
- Able to be re-worded into simpler forms if need be;
- Focused on positives and negatives (for example, what is working well and what is not);
- About people, places and things;
- Broadly based, if being used in a global planning context (i.e. people, places and things that 'are important to you or make you feel important'); and
- Clearly worded, if focused on a specific issue.

Before explaining the process of collecting pictures, it is helpful to introduce the following concepts to help the person to think about their future:

- Think about ALL the things you want in your life.
- Think about the things that you like.
- Think about the things that you don't like.
- Think about your hopes and dreams.
- Think about things you want to do.
- Think about people, places and things that are important to you.

Specific questions can include:

- What is important to you?
- What would you like to do?
- Who would you like to do this with?
- What are your hopes and dreams for the future?
- What will help you to do this?

Other ways questions might be framed during a goal exploration discussion:

- What do you do each day? (You might need to systematically work through a daily time line or a weekly calendar.)
- Who are the important people in your life? (You might need to prompt the context for different people: at home or away from home, family, friends, support staff, and other professional.)
  - Who do you like spending time with?
  - Who is fun to be with?
  - Who helps you?
- What do you like doing?
  - Where do you do it?
  - When do you do it?
  - How often do you do it?
  - Do you want to do it more?
- Are there any things that you don't like doing?
- Are there other people you would like to meet or spend time with?
- Are there other places you would like to go?
- Are there other things you would like to try out or do?
- What would you like to do in the future? How might you do that?
- What do you wish for? What are your hopes and dreams?
- What will help you achieve your dreams? What might stop you or make it difficult?

It is important to discuss each picture that the person has collected to identify what it represents to that person. When discussing the pictures that the person has collected some helpful questions to ask might include:

- What is this picture about?
- Why do you like that picture?
- What is going on in this picture?
- Would you like to do more of/less of...?