



Module 3 - Where does Picture My Future fit in the Planning process?

Module 3 Learning outcomes:

At the end of this module, you should have:

1. An understanding of the broader planning process.
2. An understanding of goal exploration and why it is important.
3. An understanding of why you should use Picture My Future in the planning process.
4. An understanding of how Picture My Future can be used in other aspects of the planning process, especially in an ongoing way.

Understanding the broader planning process

Individualised planning is a key feature of the provision of disability services and supports.

A range of individualised or person-centred plans are being used to help people with disability identify what is important in their lives and what they hope for in their future. The plan also helps identify the services and supports a person needs to assist them in their lives.

Approaches to individualised planning differ and include many tools and planning formats such as Person Centred Plans (PCPs), MAPs, Essential Lifestyle Planning, PATH and Family Service and Support Plans.

Individualised plans are increasingly a feature of the provision of disability services for people with disability of all ages.

What is individualised planning?

The individualised planning process explores the needs, preferences and aspirations of people with disability and translates them into a plan for how these can be achieved.

A key aspect of this planning process is that it is directed by the person with a disability and aims to maximise the person's level of choice and control over their lives and the services and supports that are provided.

A typical person-centred and individualised planning process:

- Places the person with disability at the centre. It focuses on the person and who they are, and prioritises the individual's perspective on their life.
- Takes a whole of life focus.
- Has a future focus – capturing hopes and aspirations for the person's future, including what is important to and for them both now and in the future.
- Involves the important people in the person's life (family, friends, carers).
- Identifies actions and goals as well as the supports needed to achieve these.

A planning process will usually consider the following aspects of a person's life:

- Who the person is;
- Their likes and dislikes;
- Their current activities, work, education, hobbies and interests;
- The important people in their life;
- Their strengths and support needs;
- Their health needs;
- What is currently working well and not well;
- Their hopes and dreams (goals);
- The enablers and barriers to achieving these goals.

Planning is both a *process* and a *product*. It can occur at any time in a person's life, but often occurs at key life transition points. Planning is a lengthy process as it is based on getting to know the person, involving those who know them well, and spending time to explore and describe how a person wants to live their life. It has been described as

'a process of continual listening and learning, focused on what is important to someone now, and for the future'

(Sanderson, H. 2000, PCP: Key Features and Approaches, <http://www.helensandersonassociates.co.uk>).

Planning involves information gathering from a range of sources. While the main source is the person with a disability themselves, information

from others – including friends, carers, family members, health professionals, teachers and others – is also included in order to develop a full understanding of the key features and needs of the person and their life.

The process requires time, effort and resources if the person is to be able to fully explain and document what is important to them. Planning is a continual process: plans should be regularly reviewed, and are 'living' documents that change in line with the person and their life.

Planning can be a useful tool for all people. People with intellectual disability may require additional support in order to participate fully in the planning process and maximise their control over it.

Understanding goal exploration and why it is important

Goal exploration

All of the information gathered and discussed as part of the planning process forms part of the goal exploration process before goals are set. It is necessary to understand the person's likes and dislikes, and important people, places and things in order to understand them and their context before setting their goals.

There are many ways of gathering information as part of planning and goal exploration. People may be able to talk about what is important to them, tell stories, use existing information, use art, music or drama, and get others to provide information.

Picture My Future is a method of using images (including photos) to help a person with intellectual disability document, explain and explore what is important to them. Picture My Future can be used as part of the planning process, or as preparation before a planning process begins. It becomes one of the ways that a person with intellectual disability can communicate about what should be in their plan.

When used in this way, the planner will need to allow time for the person to use Picture My Future (to collect pictures, describe them, and organise them into a Picture My Future resource). Once the Picture My Future process is finished, the person with intellectual disability can use the Picture My Future resource to communicate with the planner. The planner needs to build this into the planning discussion and process. Alternatively, a person with intellectual disability may have used the Picture My Future process before the planning commenced, as a way of preparing for the planning process and organising their thoughts. These people would bring their completed Picture My Future resource along to the start of planning. The diagram below illustrates where Picture My Future could sit within the planning process.