



# Planning for a good life

- It's about ME!



Name:

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Date:

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People involved/consulted in the planning:

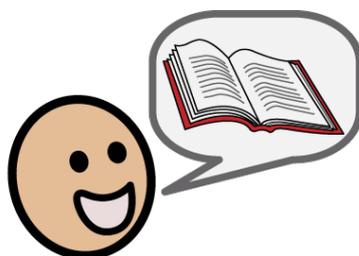
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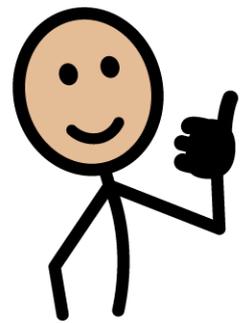
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What is my story?



What works for me?



Things I want to change?

What do I like?

Likes



What do I dislike?

Dislikes



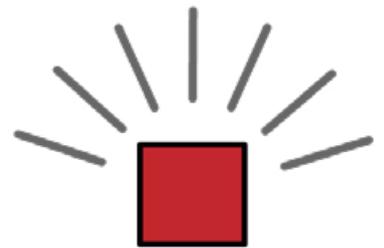
What do other people love or admire about me?

What are the things I love, or am passionate about?



What is important TO me?

(What makes me happy and content)



What is important FOR me?

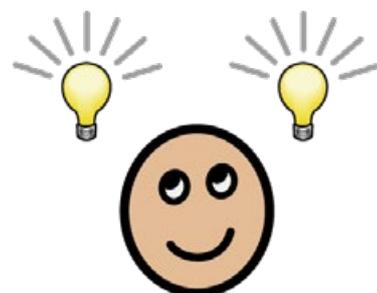
(What I need to be safe, well & healthy?)



## Great things about Me

### Gifts of the head

*Knowledge, questions, experience, information I can contribute; figuring people out, organising and classifying things, travel routes, sports, news, fan information, gossip, local history, ability to spot a bargain, ability to debate, sales ability, creative thinking, math, solving puzzles, interests in politics, desire to think about big questions etc.*



## Gifts of the body

*Abilities, skills that I can contribute; recognising people, remembering names, dancing, fixing things, singing, typing, drawing, arranging things, using a computer, decorating, acting, composing, figuring things out, sewing, working hard using physical strength, ability to sign, speak or understand another language etc.*



## Gifts of the heart

*Interests, enthusiasms, personal passions and the rewards I bring to others; welcoming people, patience, courage, sensitivity to others, high energy, desire for order, ability to listen, passion for justice, love of nature, ability to draw others out, spiritual gifts, etc..*





Who is important to me? *(insert names and photos (where possible))*

Family

Paid

Friends

Community

What support do I need to maintain and develop relationships?



What community facilities or services do I use?

*(Dr, Physio, Speech, OT, Church, Gym, School, Tafe, Uni, Sporting groups etc.)*

What community facilities would I like to access in the future?

What support do I need to access community places?

*(someone with me, transport, accessibility, etc.)*



What sport, recreation and leisure facilities or services do I use?

*(Physio, OT, Church, Gym, School, Tafe, Uni, Sporting groups etc.)*

What sport, recreation and leisure facilities would I like to access in the future?

What support do I need to access my sport, recreation and leisure?

*(someone with me, transport, accessibility, etc.)*



What am I doing now for work?

What do I like about it?

What would I like to change?

What would I like to try in the future?



What courses am I doing/ have done?

What courses or learning would I like to do into the future?

What support do I need to access it?



## What are the ways I communicate?

*(Using words, symbols, pictures, photos, gestures/pointing, signing, objects, technology, charts, visual schedules etc.)*

## How do I let you know that I am feeling:

Happy



Sad



Angry



Frustrated



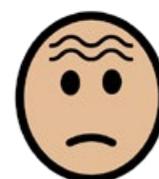
Sick



Sore



Anxious



Scared



Bored



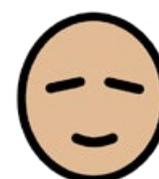
Lonely



Unsafe



Safe



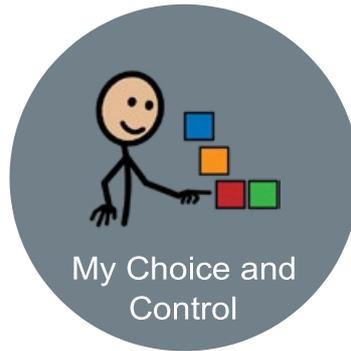
How do I let you know that I am feeling:

*Help, Something, Affection, Some attention, Time alone, Time together, To do something/something else, To see someone, To go somewhere, To come home.*

How do I let you know?

*I am saying or meaning yes or no, Something is right/wrong, My likes/dislikes, Who I like/dislike spending time with, When something is working or not working for me.*

What support do I need to communicate and/or help to communicate with me?



Each person must know and understand their human rights in order to be able to claim them, defend them, and hold themselves, other people, their governments, and societies accountable for the actions that affect them. Human rights are common to all people.

SUPPORTED DECISION MAKING PRINCIPLES



**I can change my mind**



**Assume I can**



**One decision at a time**



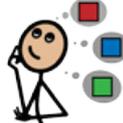
**It's up to me**



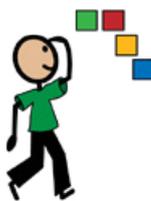
**Understand me and my preferences**



**Are the right people involved?**



**Explore all options**



**Experience to explore**



**The right assistance for me**





This project is an NDIS Information, Linkages and Capacity Building (ILC) initiative.  
 For more ILC events and resources please visit  
<http://www.disability.wa.gov.au/wa-ndis/wa-ndis/information-linkages-and-capacity-building/resources/>

[www.waindividualisedservices.org.au](http://www.waindividualisedservices.org.au)



\*Write your answers below.

Decisions I make myself	Decisions I am supported to make	Decisions made by others



What support do I or my supporters need to help me exercise my rights or make decisions?

*(Eg. To be kept safe from abuse and neglect, to express my views, to be autonomous, to vote, to access education, employment, buildings etc.)*



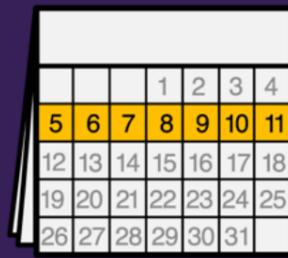
What support and/or assistance do I need with personal tasks of daily life?

*(E.g. personal care, personal hygiene, domestic tasks, community skills, money handling, administering medication, hanging out washing, ironing, cooking, cleaning, shopping, telephone skills, transport skills, safety skills, money handling, budgeting, use of banking facilities, etc.)*

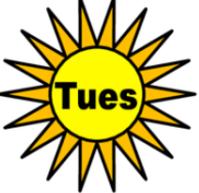
Personal Care

Home

Community



# Weekly Schedule

	 Morning	 Midday	 Afternoon	 Night
 <b>Mon</b> Monday				
 <b>Tues</b> Tuesday				
 <b>Weds</b> Wednesday				
 <b>Thurs</b> Thursday				
 <b>Fri</b> Friday				
 <b>Sat</b> Saturday				
 <b>Sun</b> Sunday				



Are there any legal or justice issues?

What support do I need?



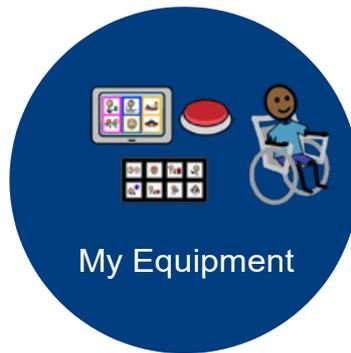
What is my health like now?

*(i.e. Medical, Physical, Emotional, Dietary, Podiatry, Audiology, Vision)*

Medication I am on

What support do I need?

*(someone with me, transport, accessibility, etc)*



Do I have any accessibility needs?

*(Technology, equipment and/or adaptive equipment e.g. ramp, wide doorways, hoist, electric door, grab rails, modified taps etc.)*

What equipment do I currently use?

Who services my equipment?

Is there any equipment that I would like into the future?



Who do I see and how often?

*(Occupational Therapist, Speech Therapist, Physiotherapist etc.)*

Is there any therapy I might need into the future?

# My Vulnerabilities

## What vulnerabilities need to be explored?

Using the framework below from Model of Citizenship Support 2nd Edition 2013 (Robbi Williams) is helpful when thinking about vulnerabilities and safeguards to invest in.



## Model of Citizenship Support talks about 'Four Capitals'

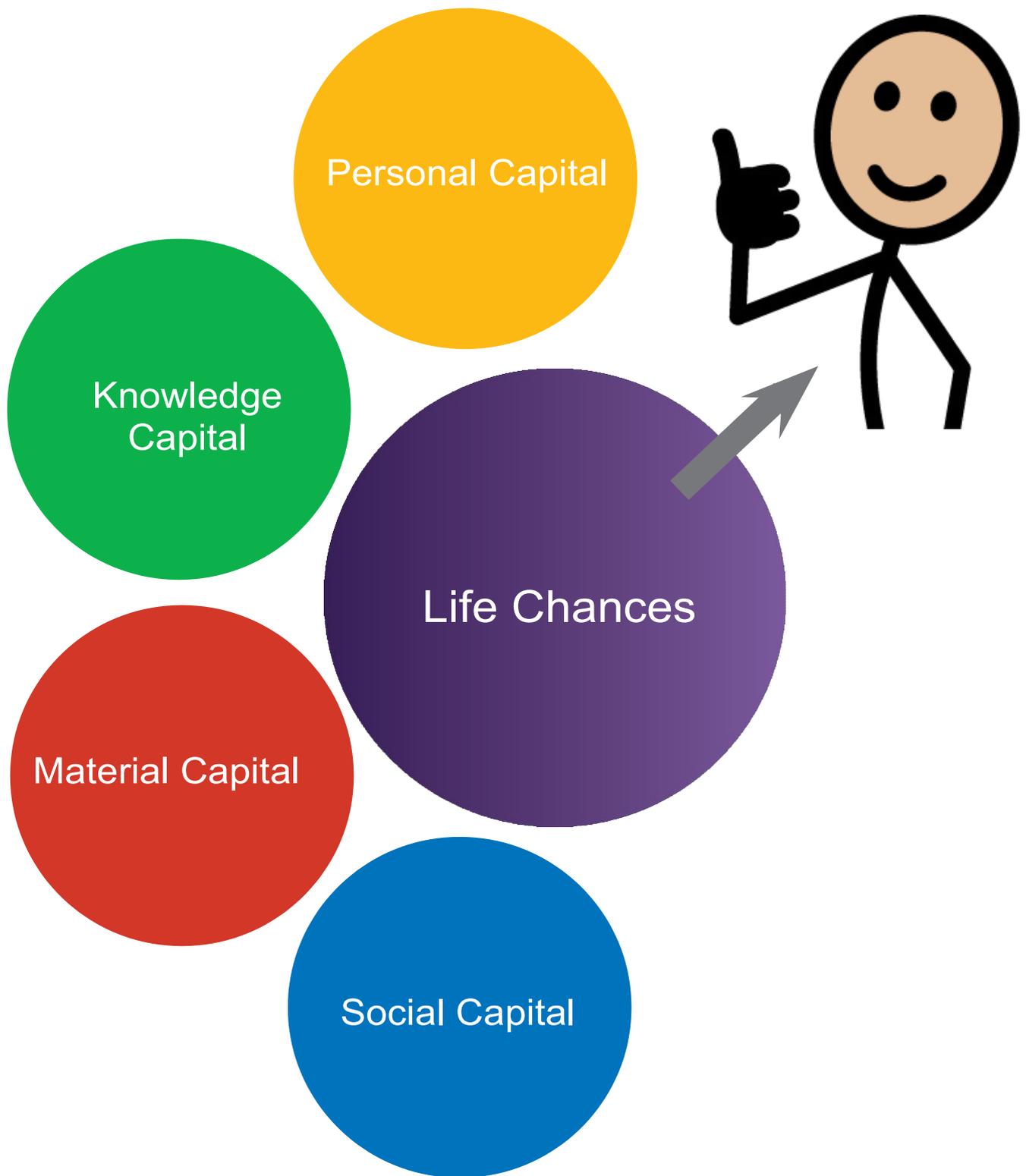
The Four Capitals are different but interrelated types of assets we can call upon.

In considering the circumstances of people living with increased vulnerability, the Model of Citizenship Support finds how the person might best be assisted to move into a life of active Citizenship if there is an active focus on each of the Four Capitals to the degree that's right for the person's situation.

There are useful anchor points including:

- The assumption of potential, where the goal of Citizenship is available to all people regardless of the precise form that it takes; despite personal circumstances each person has characteristics that are assets to the person and to the wider community
- The assumption of Personhood, where the person is front and centre to any decisions that affect them
- The assumption of risk, because it exists in all aspects of life, and the corresponding attention to safeguards, because their presence can help navigate risk and advance and uphold the person's place in community life.

# Model of Citizenship Support



## Personal Capital

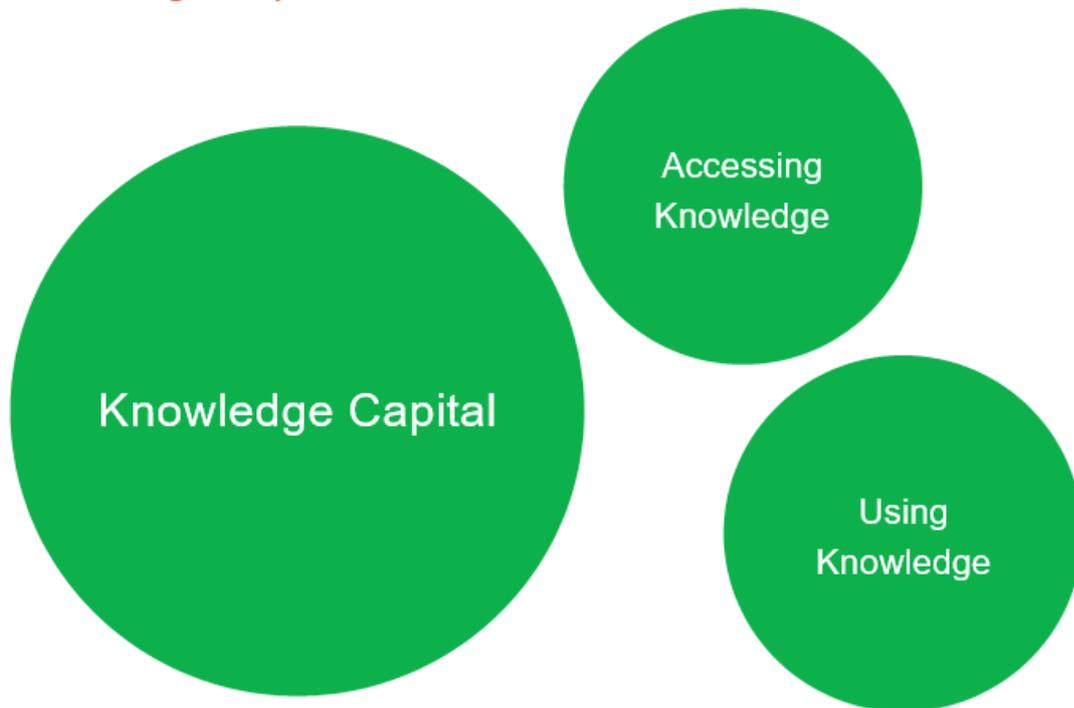


For a person to advance their chances of living a good life it is important for them to have a sense of who they are, their worth, and the vision or dream they are moving towards.

Building Personal Capital is about building belief in ourselves – our potential, strengths, dream of what might be possible in our lives, personal agency (the decisions and actions we take) and self-worth.

- Understanding the Person's Story – The art of listening
- Understanding the Effect of Services – The art of reflecting
- Responding to Personal Service Trauma – The art of healing
- Assisting a Person to Imagine What Might be Possible and Take Steps Towards It – The art of planning
- Building a Life – The art of authoring

## Knowledge Capital

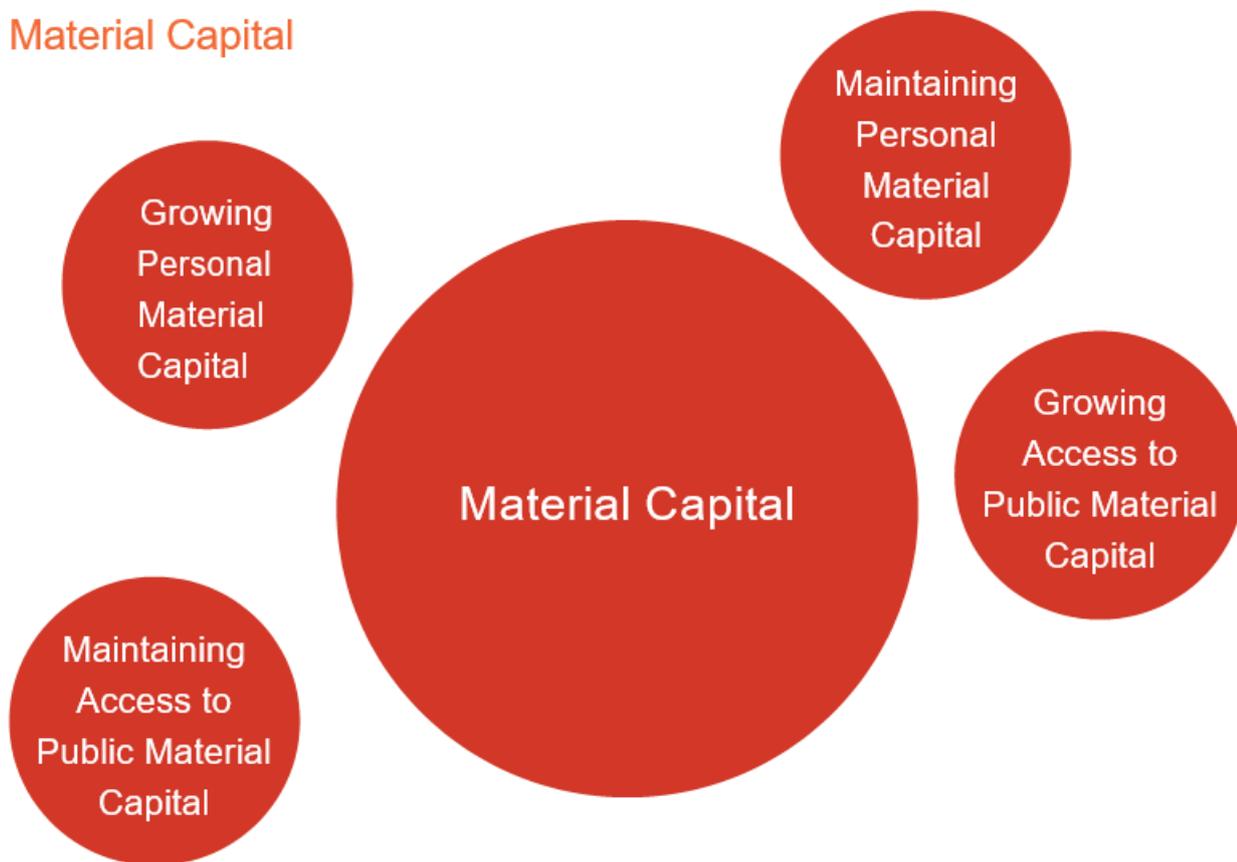


Knowledge Capital refers to two main considerations: first, how a person might make the best use of the knowledge, skill and information pathways they already have, and second, how a person might access more.

Building Knowledge Capital is about building our capacity to access, understand and apply information

- Upholding and Advancing Knowledge Capital
- Issues of Access
- Issues of Filters

## Material Capital

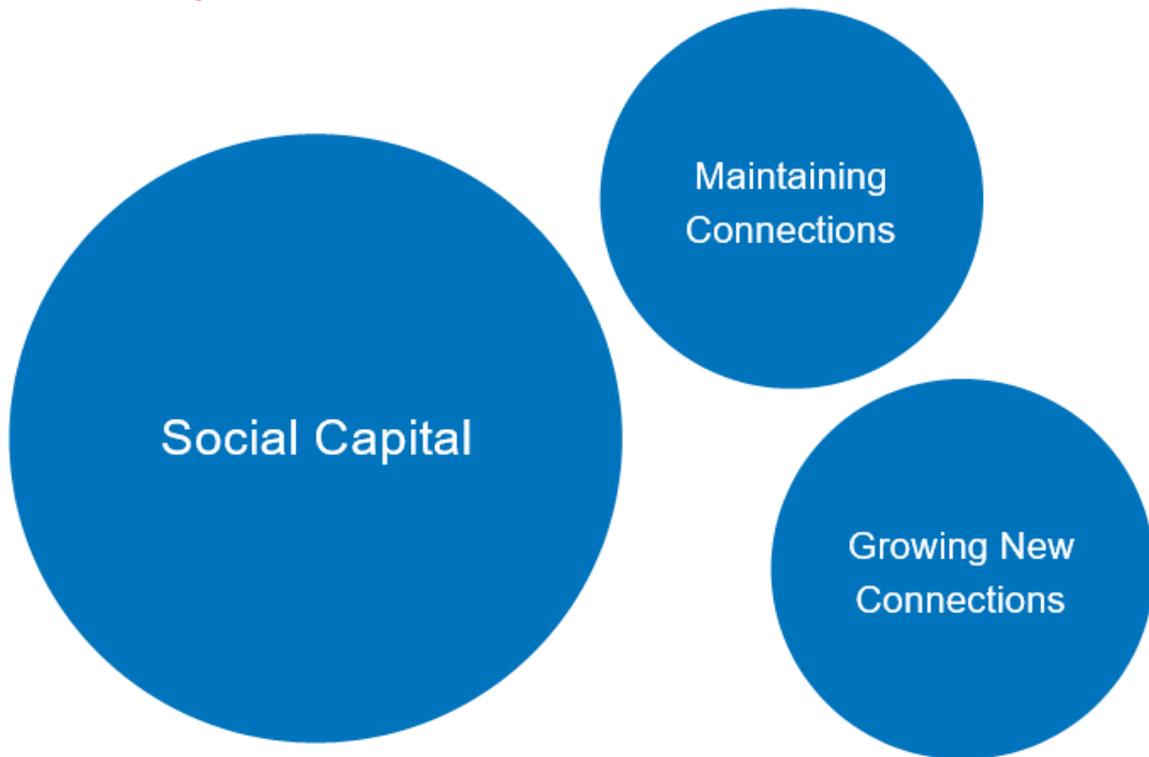


Personal Material Capital refers to tangible assets owned or controlled by the person themselves. Such assets might include money, for example income or savings, and property, for example housing, vehicles, and various personal effects including durables like furniture and consumables like groceries.

Building Material Capital is about growing the range of personal material resources under the ownership or control of the person and building the person's use of typical public material resources.

- Upholding Personal Material Capital – Respect and Care
- Upholding Access to Public Material Capital – Avoiding the Creation of “Special”
- Advancing Personal Material Capital – Finding Meaningful Paid Work
- Advancing Personal Material Capital – Creating Personalised Budgets
- Advancing Public Material Capital – Features of Access in Community Life

## Social Capital



There are two main aspects of Social Capital; these are Connection and Fellowship.

Connection refers to the extent to which we have contact with other people. Fellowship refers to connections that have moved beyond their initial functional or situational nature to become a relationship where there is deeper mutual regard, the development of trust, and the establishment of a bond.

Building Social Capital is about growing the number and range of active social connections in a person's life, so that the person's daily routines are rich with opportunities to connect with people, and rich with the possibility that those connections will give rise to additional new connections and deepen into Fellowship.

- Upholding Social Capital – The art of the Executive Assistant
- Advancing Social Capital – The art of introductions
- Advancing Social Capital – The art of building a welcoming, integrated community life

Level of Capital	Level of Persona Capital	Level of Knowledge Capital	Level of Social Capital	Level of Material Capital	Risk
Significant Capital	Ability to self-advocate, strong identity, ability to make decisions, confident in self-determination, autonomous physical capacity.	Have recognised qualifications, skills and expertise. The capacity to access knowledge and information and to act on this knowledge.	Lots of people connected to the person inc family, friends, strong community presence and participation.	I am financially secure, with sufficient resources to meet my needs. I have a job and security of tenure.	Low Risk
Reasonable Capital	Can make significant decisions known, limited understanding of their identity, reasonable sense of confidence, reasonable control over physical autonomy.	Have knowledge and expertise that enables the person's lifestyle. Limited access to info and can act of this info.	Family, friends, some community presence.	I have sufficient funds to meet my needs and lifestyle, with security of tenure.	
Fair Capital	Require support with decision making, limited self advocacy, limited understanding of own determination/ direction inc wishes and needs.	Require support to acknowledge / promote skills and contributions. Require support to access info.	One or two family, paid support team, no community connections.	I have limited funds and mostly manage to meet my needs and lifestyle, with limited security of tenure.	
Low Capital	Little personal capacity in making major decisions, limited communication, limited autonomy over physical space and limited ability to create direction.	Limited education, lack of access to info and knowledge. Limited and disconnect to cultural knowledge and communities.	No unpaid people in life, limited paid people.	Reliant on income support, no employment, no inheritance, no secure housing, debt, living in a community with limited resources.	
High Risk					

## My Risk and Vulnerability

Across all areas there is some level of risk for all citizens; however, measures enable us to consider given the persons capital, whether the risk low or high. Therefore, we can add alongside the measure of capital an easy to use measure of risk;

- the more capital a person has, the lower the risk
- the less capital a person has, the higher the risk

What are my specific areas of vulnerability and where am I at risk?

What safeguards do I need?

*This process is generally the safeguarding of the individual needs of the person and the people involved. It considers the vulnerable areas across ALL areas of the person's / people life (all areas in this document) and is intended to identify actions that need to be implemented.*



## My home now

*(Describe how I live – with whom, where, how, with what support)*



## My home in the future

*(Describe how I live – with whom, where, how, with what support)*

## How do I want to live my life? (*My Vision*)

*(Where do I want to live, who do I want to live with, what do I want to be doing, with whom etc.)*

## Goals

## Actions

*(Think about the action, by when and by whom)*



Notes



## Notes



Notes