

PERSON-DIRECTED PLANNING

FREQUENTLY ASKED QUESTIONS

What is person-directed planning for people with developmental disabilities?

Person-directed planning helps you think about the life you want and your future. With the help of a facilitator, it is a process which:

- Is directed by you
- Supports you to make a plan for the best possible quality of life where you live, work and spend time
- Identifies and strengthens your personal support network
- Supports you to be involved in your community
- Helps you develop goals and determines who will help you reach your goals
- Identifies all informal and formal supports and services needed

How can person-directed planning help me?

Planning can help direct your life the way you want. Planning can help you figure out how to share your strengths and talents, and how to find new opportunities.

It's good to be clear about what you want to do, how to do it, and the support you need to create the future you want.

Where can I go to access person-directed planning for adults with developmental disabilities (18 years of age and older)?

Developmental Services Ontario Toronto Region (DSOTR)

Phone: 1-855-DS-ADULT or 1-855-372-3858

TTY: 416-925-0295

Fax: 416-925-3402

Email: DSOTR@surreyplace.on.ca

[Http://www.dsotoronto.ca/](http://www.dsotoronto.ca/)

For children and youth up to age 18:

Community Living Toronto 647-426-3220 or 647-426-3219

Family Service Toronto 416-971-6326 ext. 341

For youth between 14-18 years of age:

Corbrook 416-245-5565 ext. 222

How can I prepare for my plan?

To get ready for a plan, think about whom you want to invite and what dreams and goals you want to talk about.

What different ways is planning done?

There are many tools planners use. All are flexible based on what you like and how you communicate. The tools are not just another way to create a service plan, but are a different way of thinking about how to do what you want and reach your goals. Often your planning facilitator will meet with you before your planning meeting to talk about the tools and find what works best for you.

What is a support network?

A support network is a group of people who meet regularly to help you to reach your goals or personal vision. Usually friends, family members, co-workers, neighbours, and sometimes service providers are part of a support network.

Most of the people in a support network are not paid; they are there because they care about you and have agreed to work together to support you in making your life better.

How often do I meet with my support network to go over my plan?

In the beginning you may meet more often, but the number of meetings depends on the progress towards your goals and how often you want to meet. There may also be meetings with just your planning facilitator in addition to meetings with your support network.

How can a support network help me carry out my plan?

- Support you with what you want to say
- Bring ideas and help in planning for the future you want
- Help you make decisions
- Use their personal networks to make connections in your community
- Give support
- Spend time with you
- Advocate on your behalf
- Provide friendship
- Celebrate together
- Take responsibility to help you implement the plan.

How can I get help to build a support network over the long-term?

Support networks can happen at any stage in a person's life but often form during periods of change or transition, such as starting high school, leaving school, moving out of the family home or looking for work.

A planning facilitator can help you to create a support network. As you become more involved in your community working on your goals, you may meet people who might become part of your support network.