

WHAT CAN WE DO FOR YOU?

SAIPA staff will assist you through a planning session by using one of the three person centered planning tools. A facilitator will help the person's network to explore what they would like to achieve and throughout the process, a graphic recorder will record the session in pictures and words.

At the end of the planning session, the graphic will be a visual reminder of what the goal and actions to be taken are and who is accountable to make it all happen.



Southern Alberta
Individualized Planning
Association

*Assisting individuals with
developmental disabilities to
grow as valued and
participating members of their
community.*

For more information on Person
Centered Planning contact us at:

527 - 6 Street South
Lethbridge, Alberta T1J 2E1
Phone: 403-320-1515
Toll Free 1-866-320-1518
Fax: 403-320-7054
E mail: mail@saipa.info

www.saipa.info



*The center of planning is the
person. Through the use of
facilitation and graphic recording
we assist individuals with
developmental disabilities to
grow as valued and participating
members of their community.*

DO YOU KNOW WHAT YOUR GOALS ARE?

Everyone has goals of accomplishing something in their life such as learning to drive, going to college, getting a job or buying a house. Some of us know what it is that we want and others have a more difficult time in pinpointing what it is that we want or what we dream of.



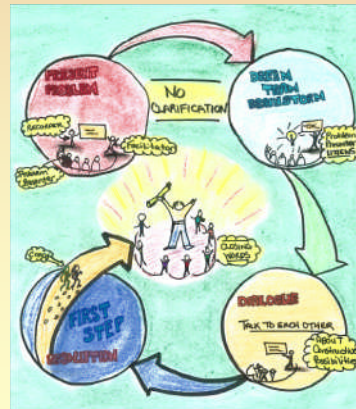
Person Centered Planning is a planning session that can use a variety of visual and facilitation tools to explore what a person with a developmental disability wants to do with their life. The person is at the center of the planning where family, friends, allies, neighbors, service providers and professionals provide their support of listening to the person and honoring his/her vision for the future.

Southern Alberta Individualized Planning staff are trained to utilize three tools. However, the facilitator has the flexibility to find a planning process that works for you. The three tools are:

- ✍ **SOLUTION CIRCLES**
- ✍ **PATH**
- ✍ **MAP**

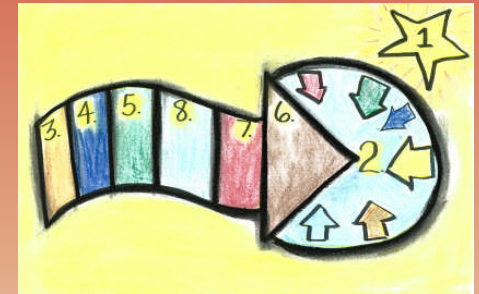
SOLUTION CIRCLES

Is a tool that helps people to get “unstuck” from a problem in life or work. It takes approximately thirty minutes to complete this process and it does not promise a solution but a different way of looking at a situation and generates action.



PATH

Planning Alternative Tomorrows with Hope (PATH) is an eight step process which visually outlines positive actions to move towards achieving a goal or dream.



MAP

Making Action Plans (MAP) is a process which encourages people to tell their story, visualize a dream and acknowledge an associated nightmare. The dream is nurtured, the nightmare confronted and clarity is given in defining the what needs to be in place for action to happen.

