



IONA

-DONEGAL-

Person Centred Planning

Will & Preference Resources

SRF Phase II

Introduction

This PCP Will & Preference workbook was created by the SRF Team in IONA Donegal.

The workbook was developed to provide the tools to support individuals in mapping their lifestyle.

This workbook will aide in identify steps and opportunities on how individuals can achieve their dreams, wishes and desires.

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Significant Outcomes

All persons using disability services:

- Are living in their own home in the community.
- Are exercising choice and control in their everyday life.
- Are participating in social and civic life
- Have meaningful relationships.
- Have opportunities for personal development and fulfilment of aspirations.
- Have a job or other valued social roles.
- Are enjoying a good quality of life and wellbeing.
- Are achieving best possible health..
- Are safe secure and free from abuse

National Disability Authority (NDA) 2016

Consent

This PCP workbook was completed by (Owner of PCP)

I was supported by (name of keyworker)

My support person obtained the information in this workbook by using the following methods

**Talking
to Me**

**Visual
Aids**

**Objects of
Reference**

**Easy Read
Materials**

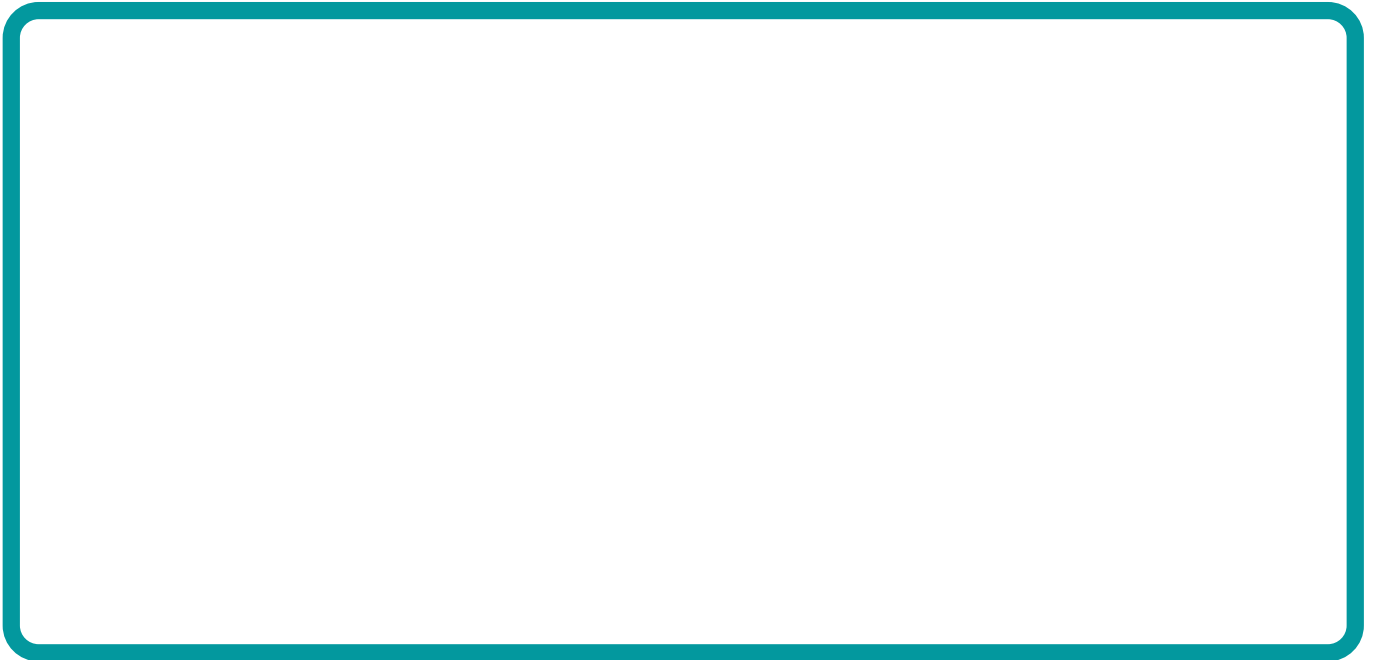
Sensory

Other (Please Describe):

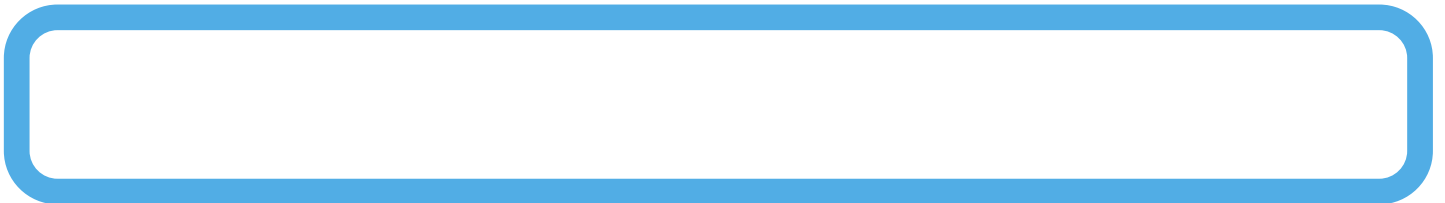
**What is this workbook for
Who has permission to see it**

Introduction

Photo



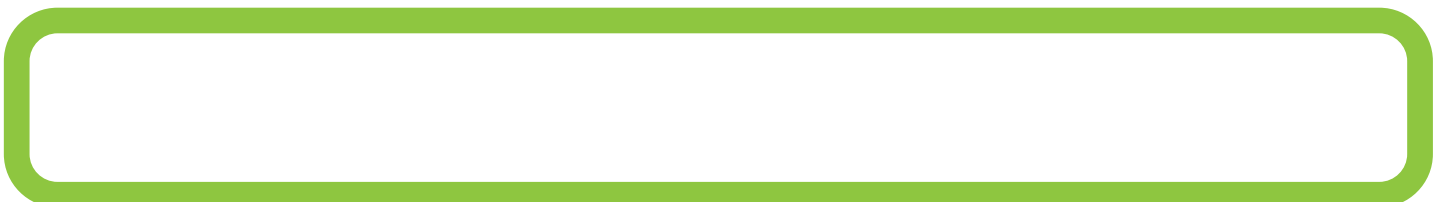
Name:



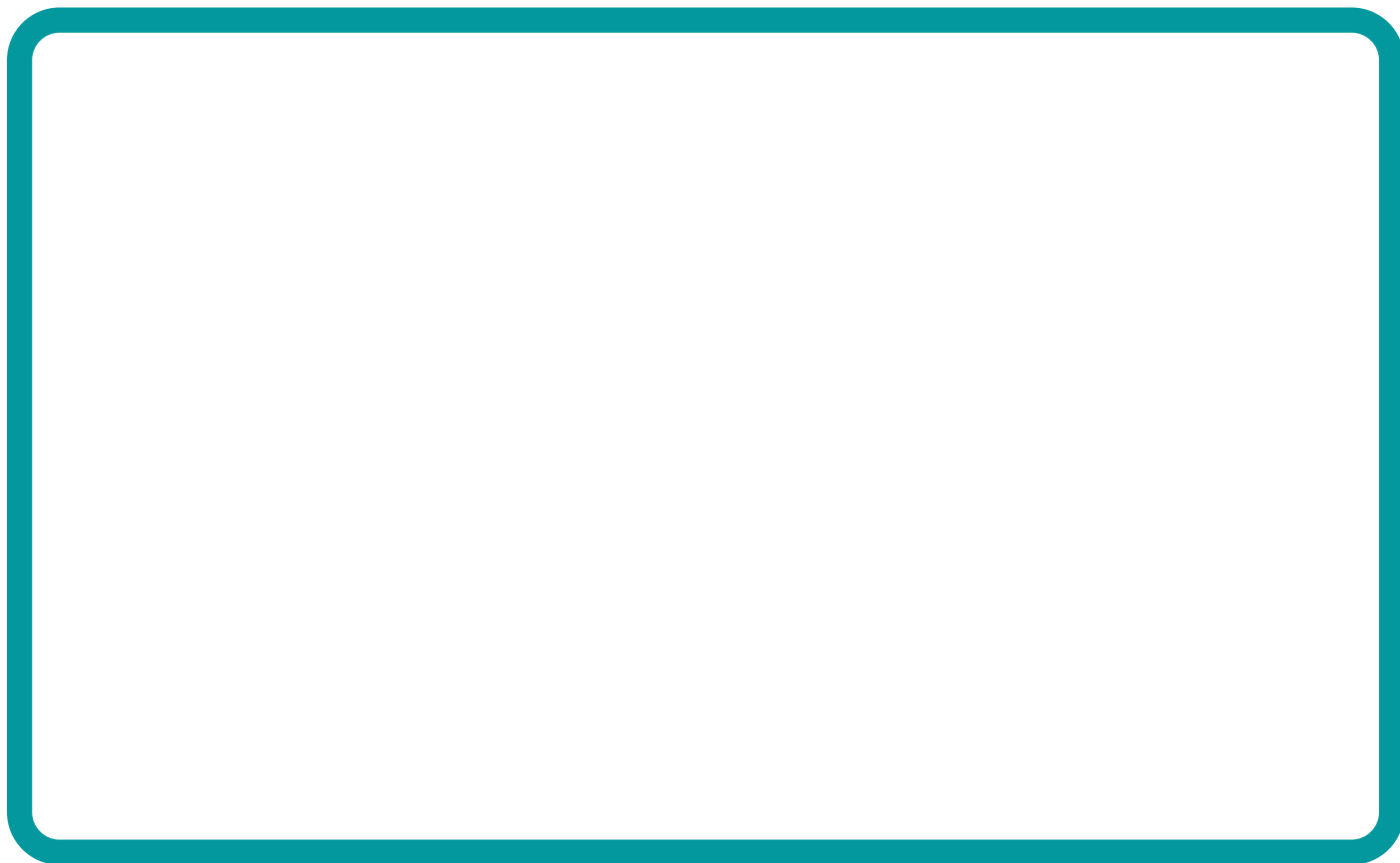
Age:



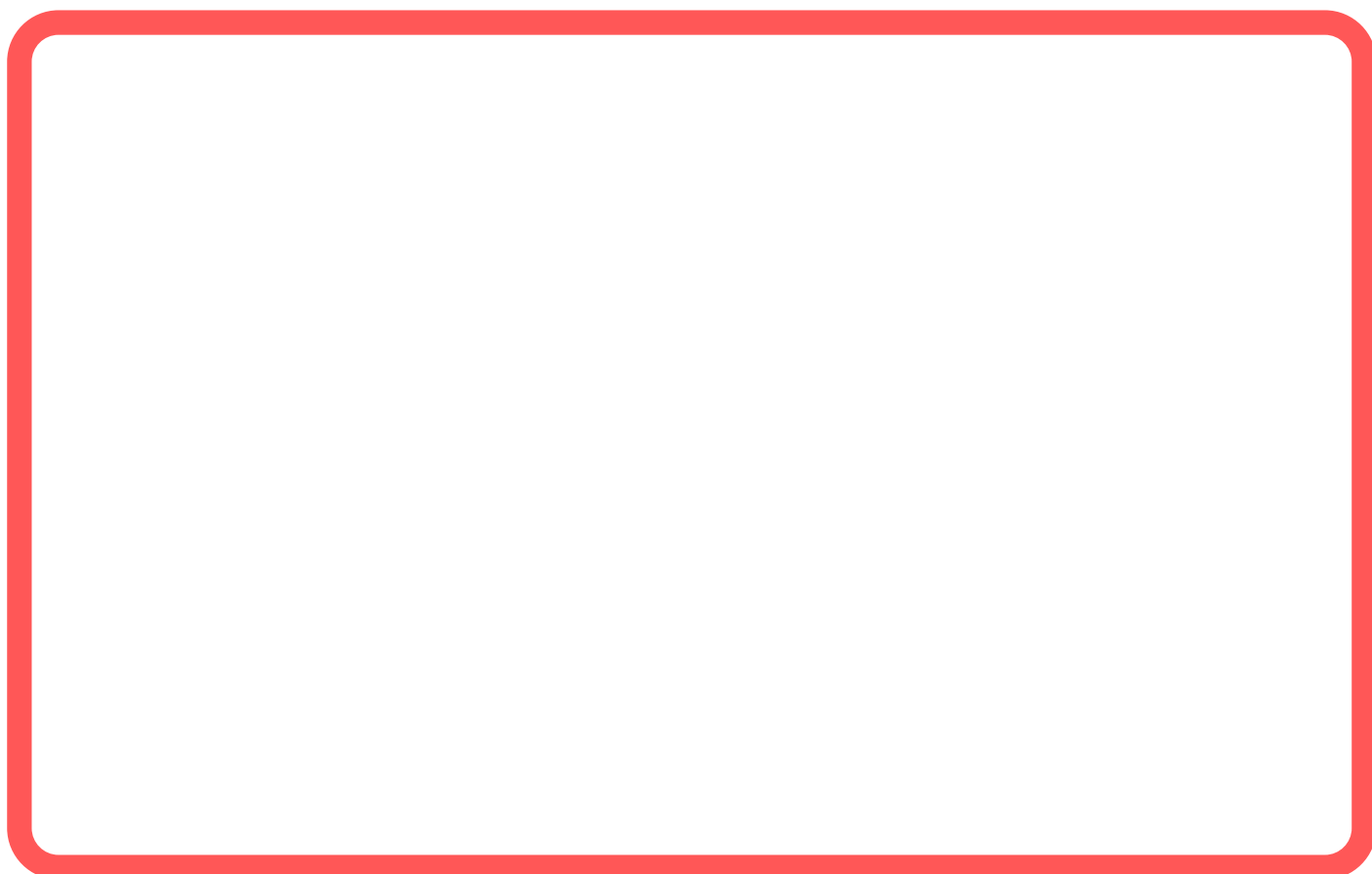
Service Name:



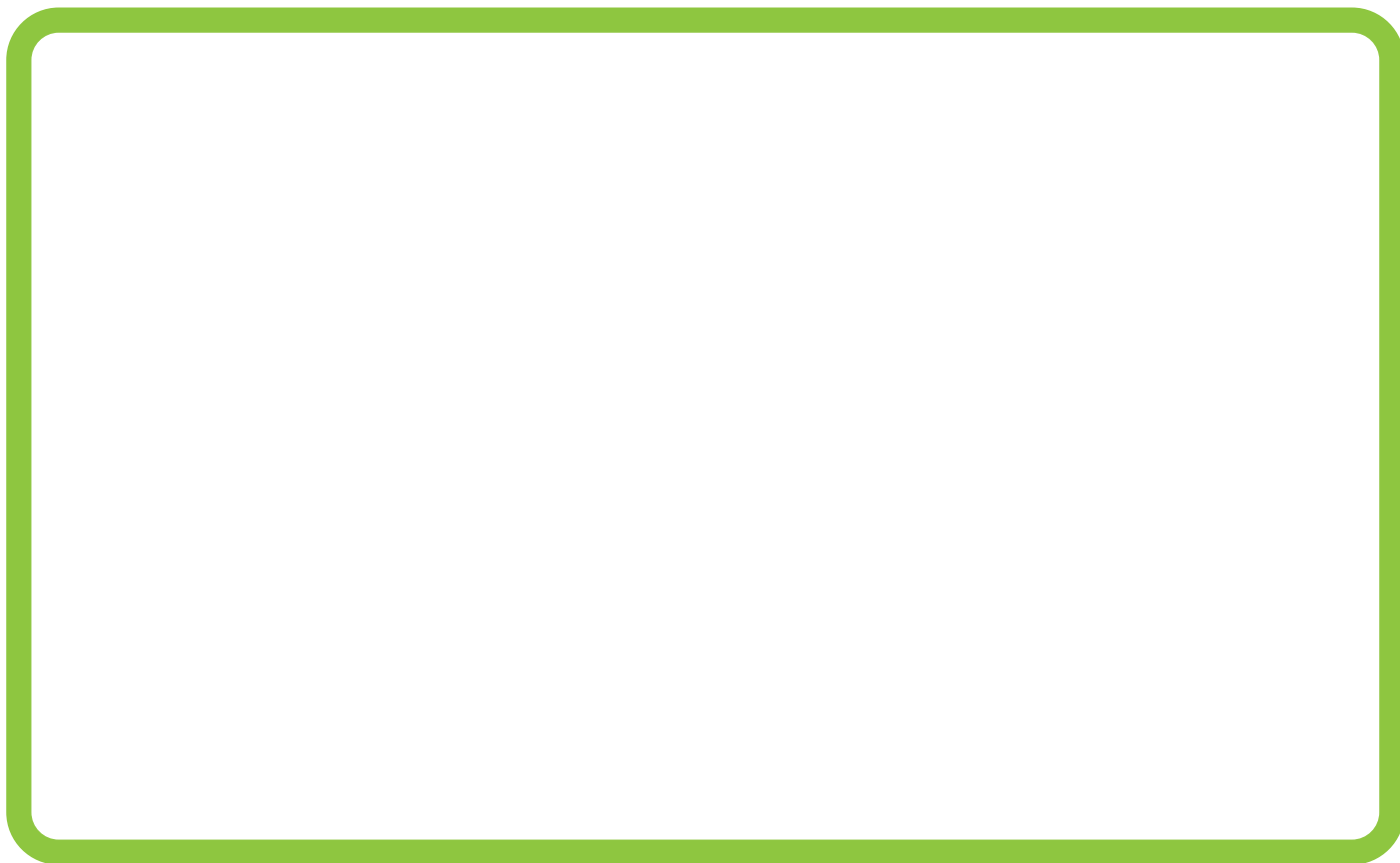
Overview of my life experiences - Family, Places lived, Separation etc



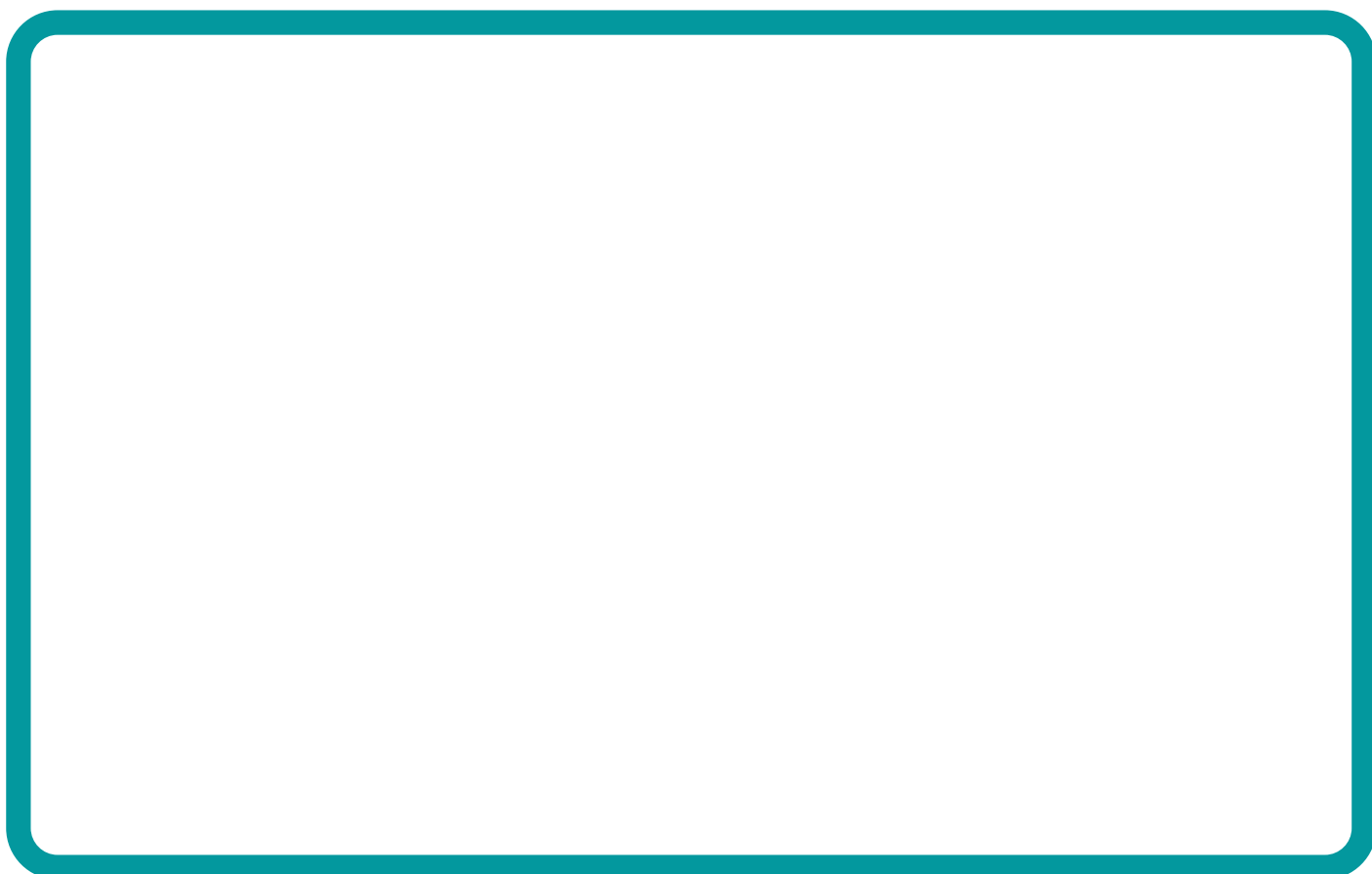
How has my life been? How would I have felt at different times?



What is important to me considering my history

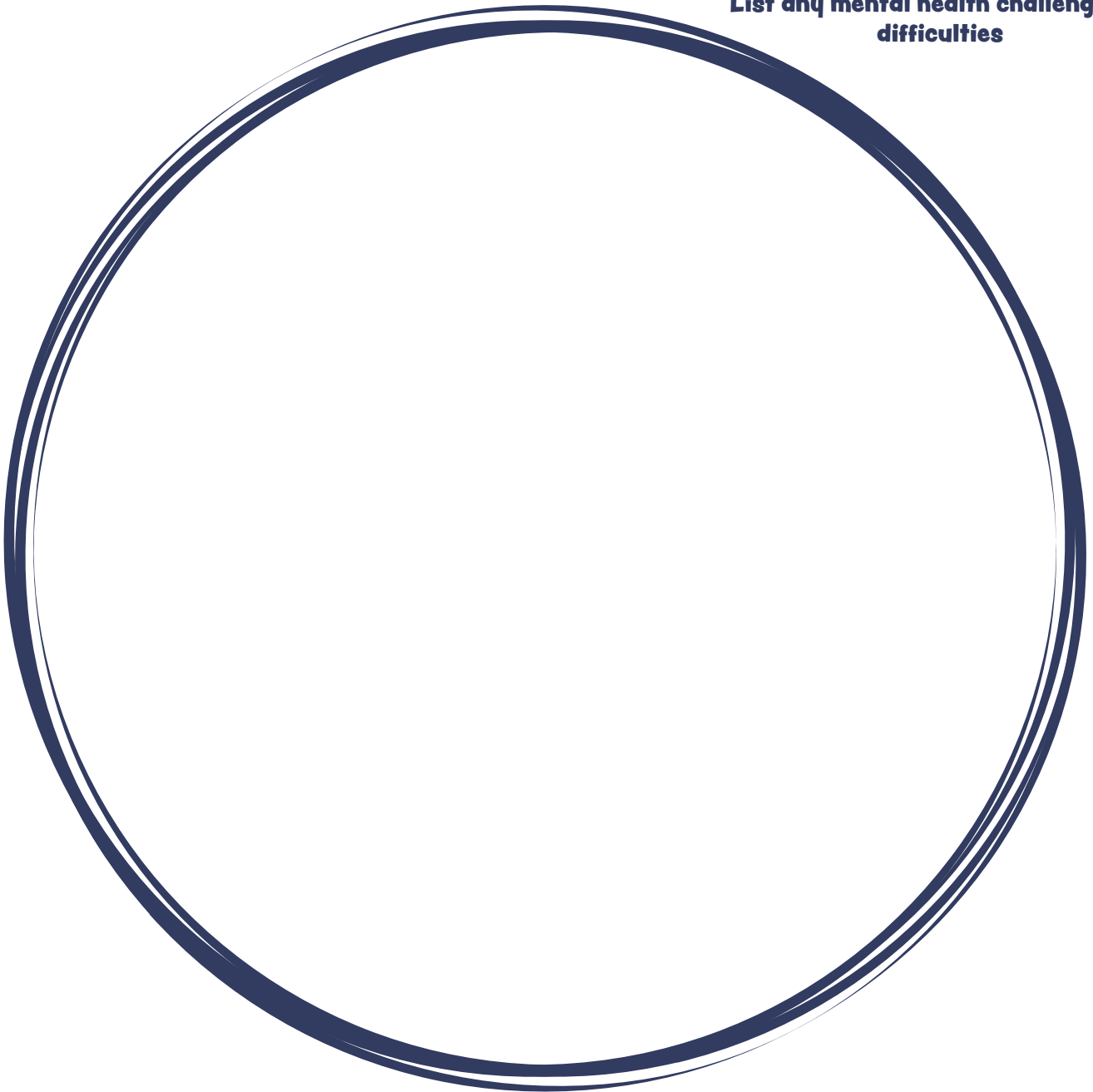


What additional information do you need to find out about me



Mental Health

List any mental health challenges or difficulties



Conditions that Promote my Mental Health

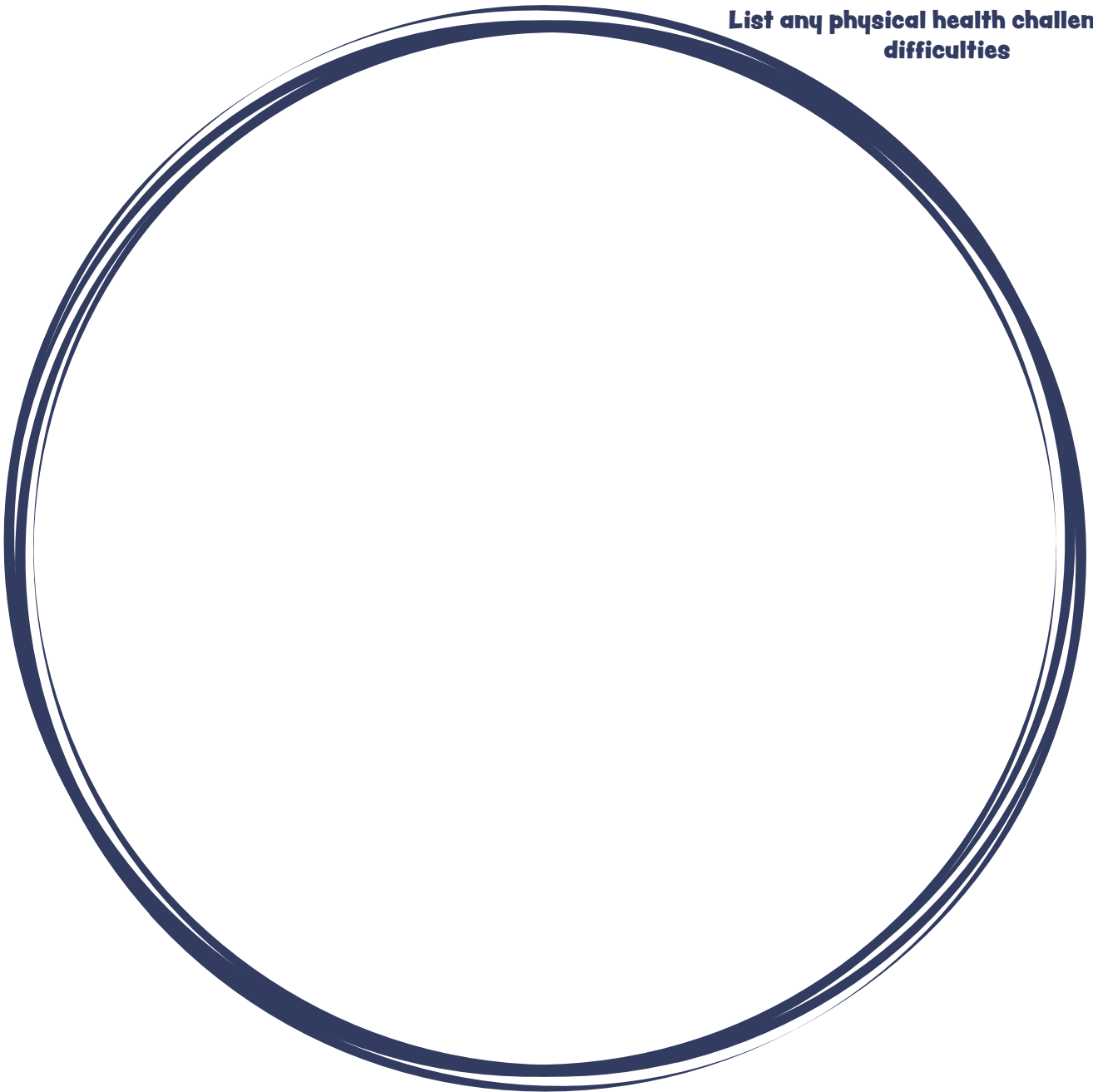


Conditions that Threaten my Mental Health




Physical Health

List any physical health challenges or difficulties



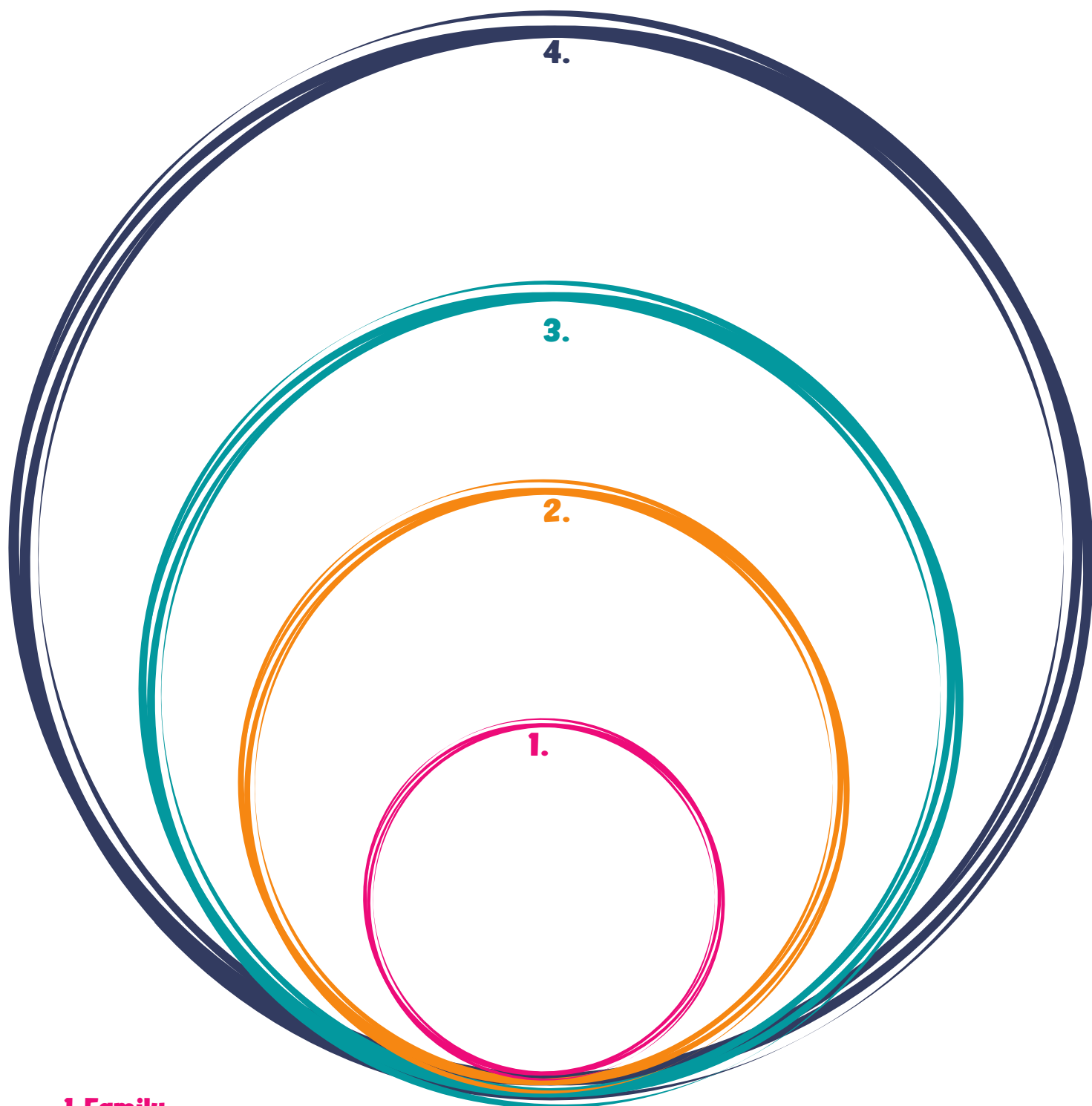
Conditions that Promote my Physical Health

Conditions that Threaten my Physical Health



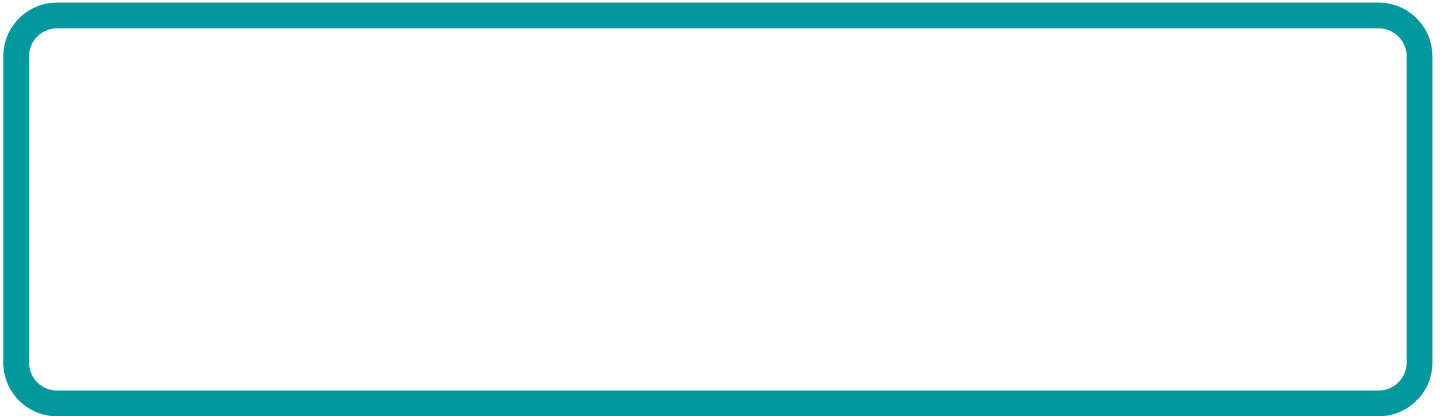
Who is in my relationship circle

Family, Friends, Support Staff, Members in the Community



- 1. Family
- 2. Friendship
- 3. Participation
- 4. Exchange

What areas of relationships are missing



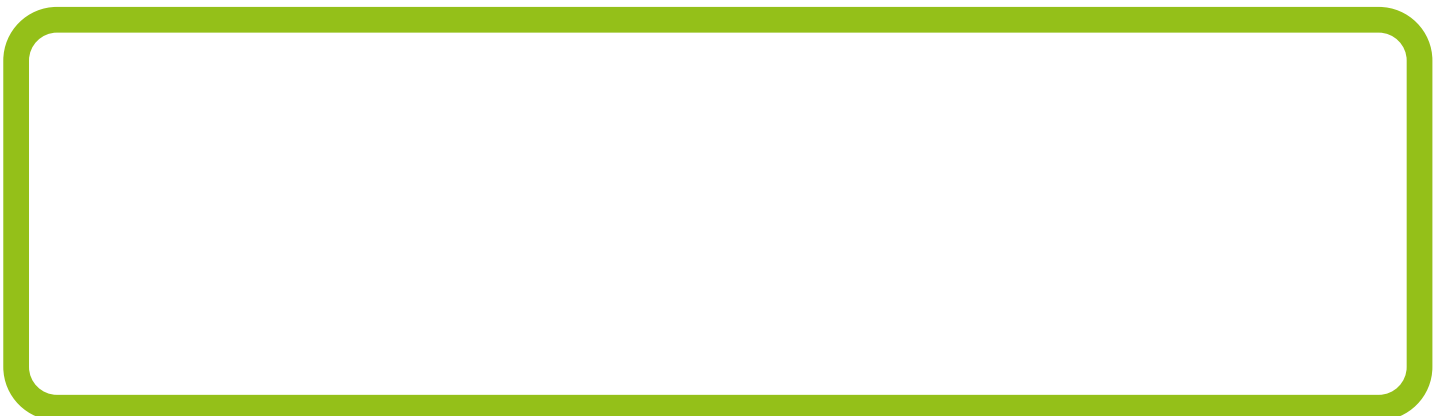
What would be important to build



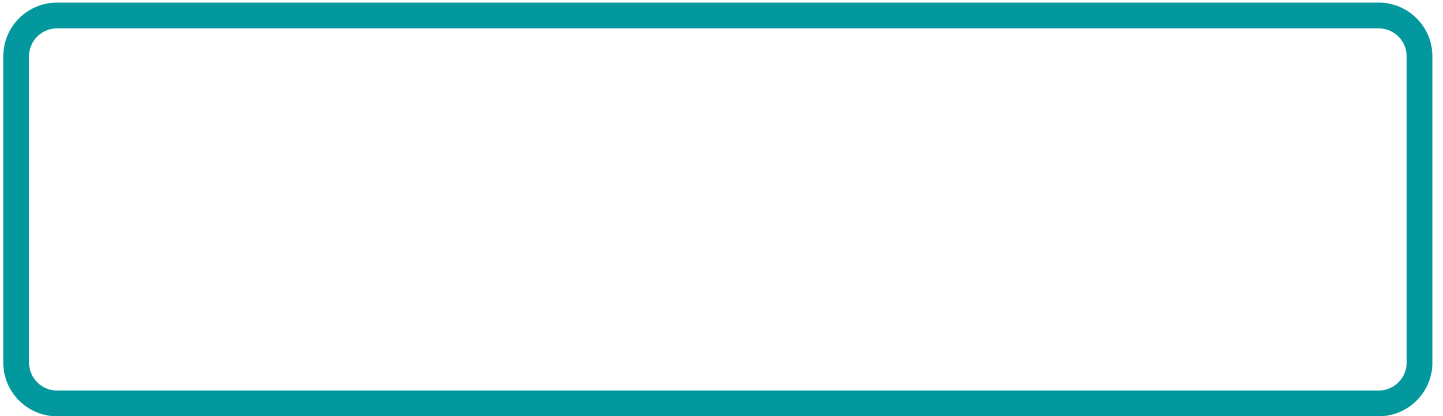
Are there family members, freinds or acquaintances from the past to reconnect with



Where could community members who would like to get to know this person be found



What are the main patterns and themes



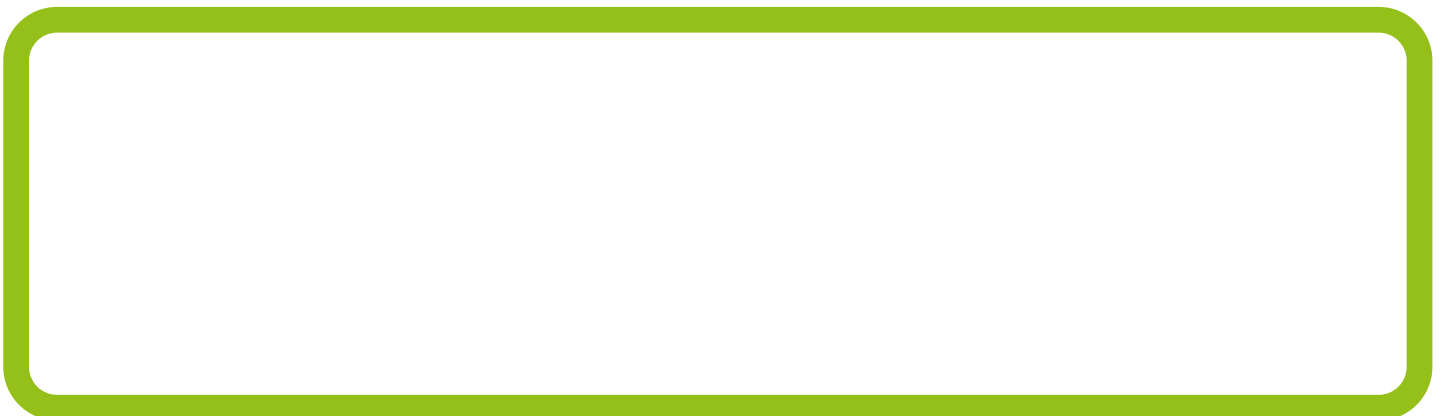
Are there areas that are missing



Does the individual tend to go many places in a group



How can the individuals time be spent more meaningfully



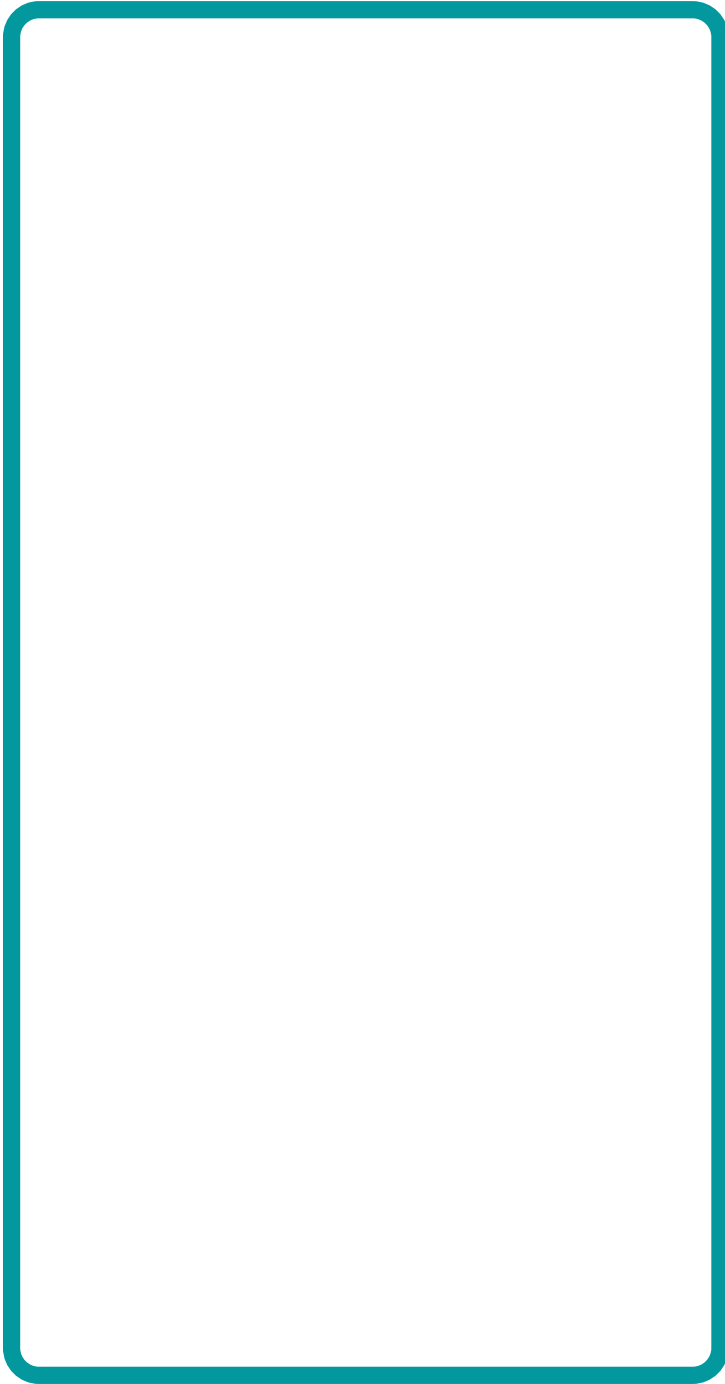
Choice Map

Areas of my life that I have control **Areas of my life that I dont have control**

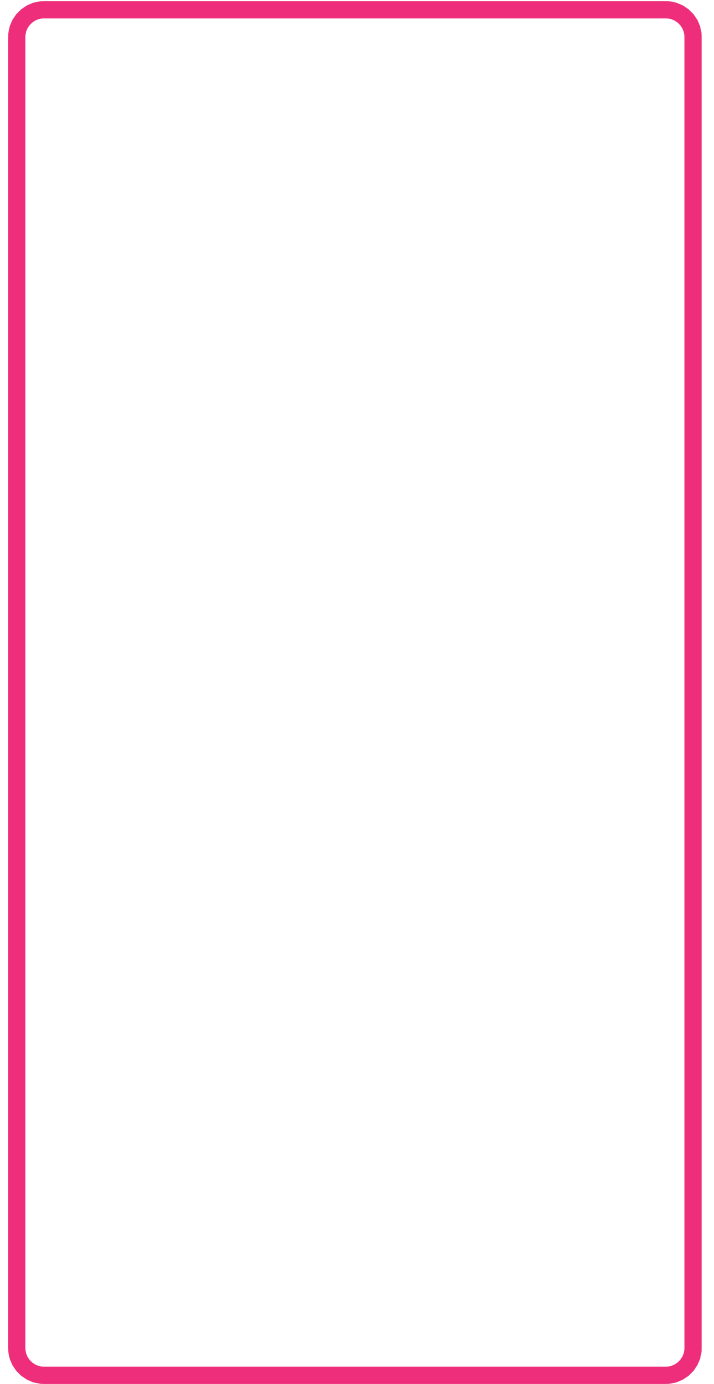
Steps to remove barriers

Hopes & Fears Map

Hopes



Fears



Areas to remove obstacles in order to create opportunities



Preference Map

Personal Preferences, Gifts, Talents and Interests



What's working well

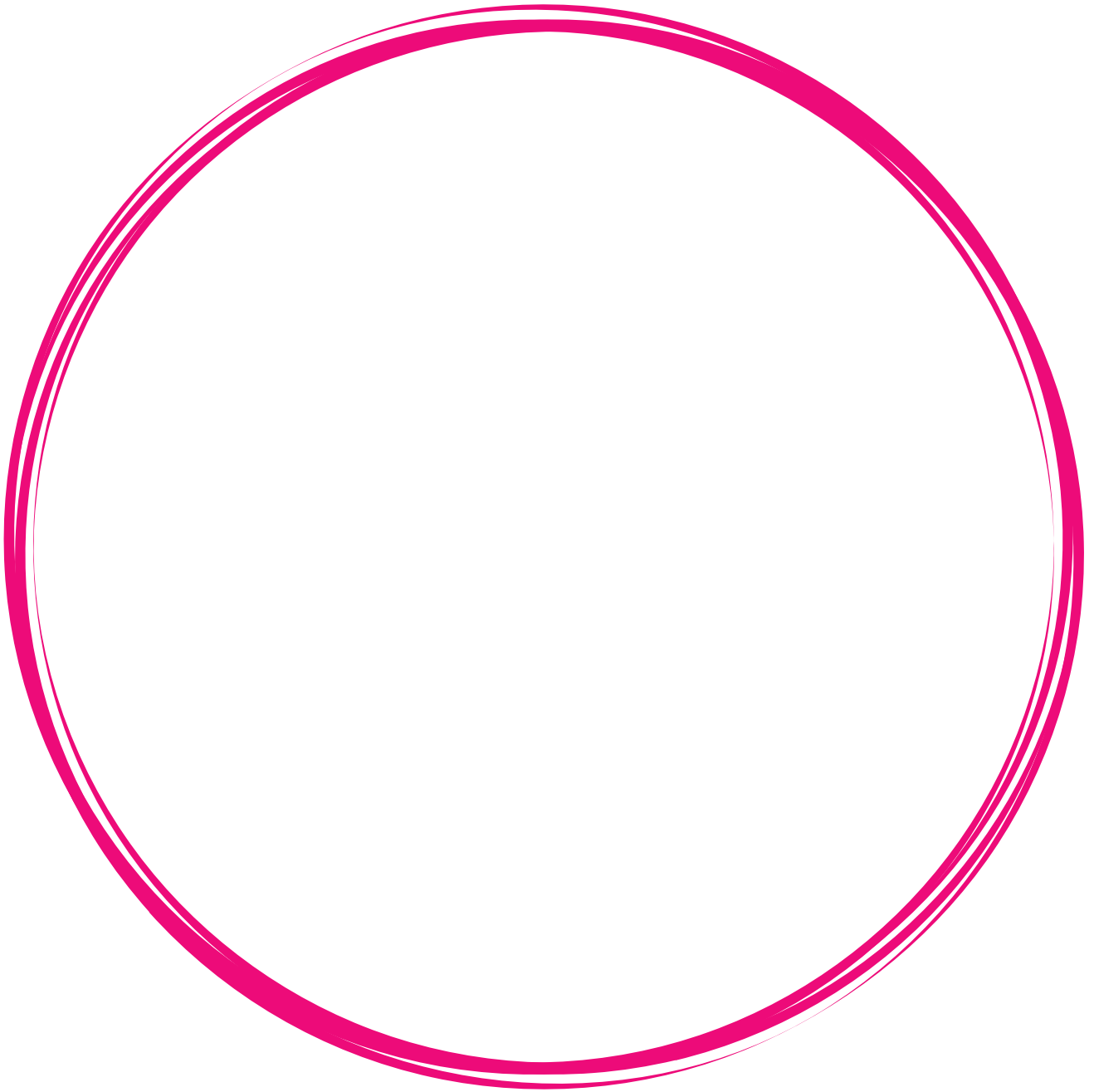


Conditions to avoid



Respect Map

Describe personal characteristics that can create barriers to community acceptance

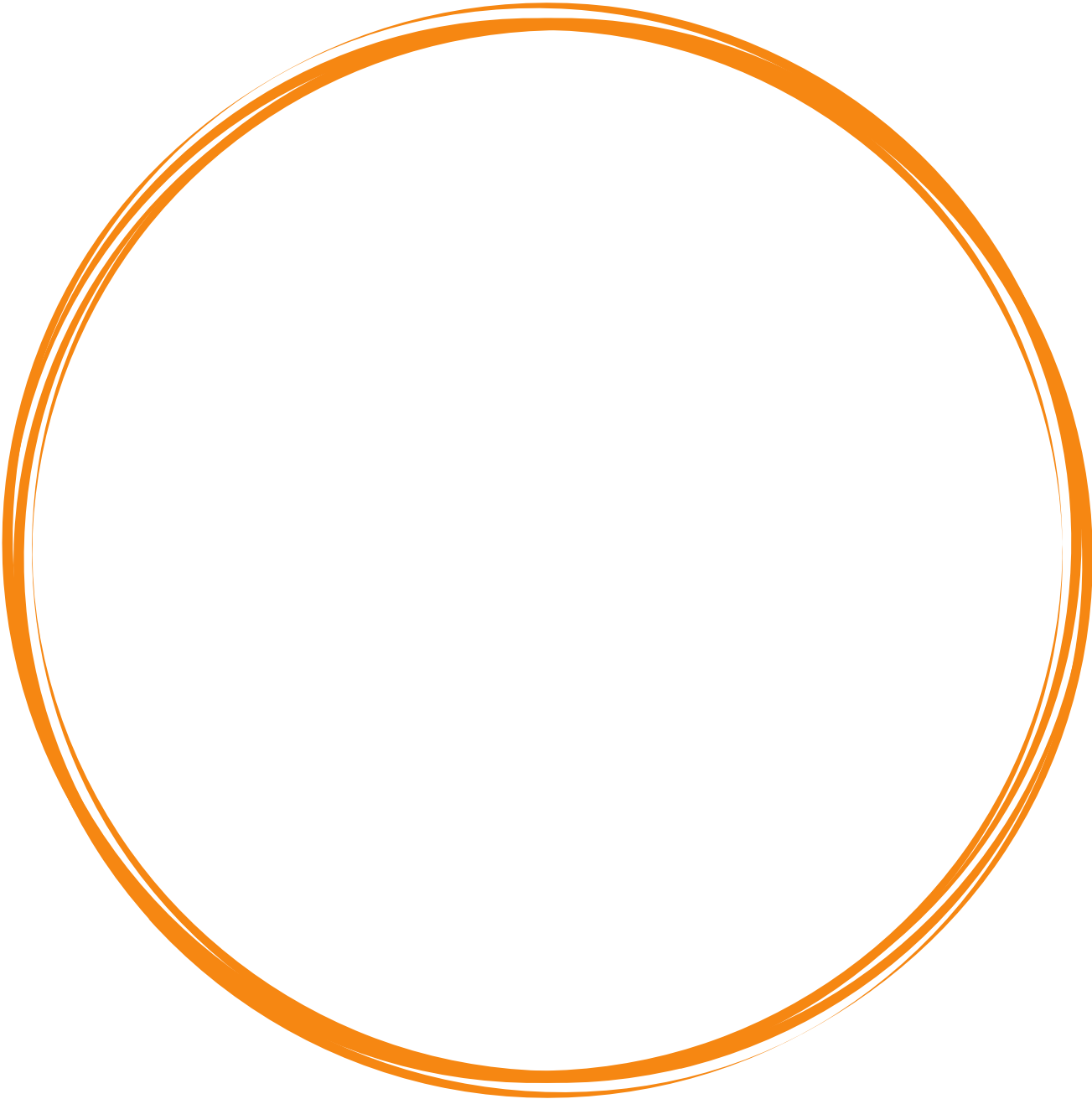


Steps to reduce barriers of community acceptance



Dreams Map

Dreams and desires for the future



Timeframe to be achieved



Personal Themes

What works well: Gifts, Talents and Interests



What doesn't work well



Important themes for building the Vision for the Future

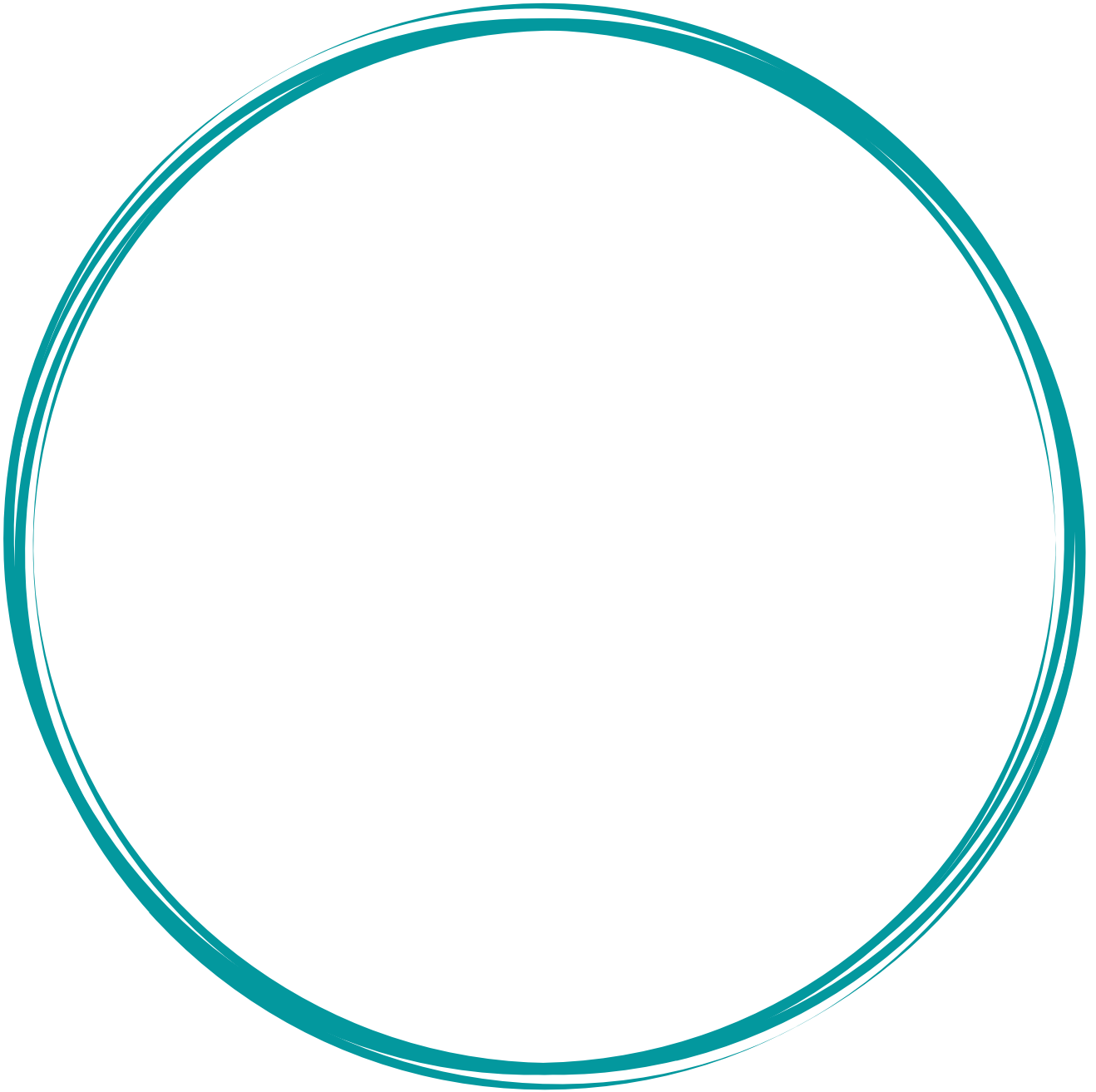


Conditions to avoid



Circle of Support

Who are the members of my Circle of Support

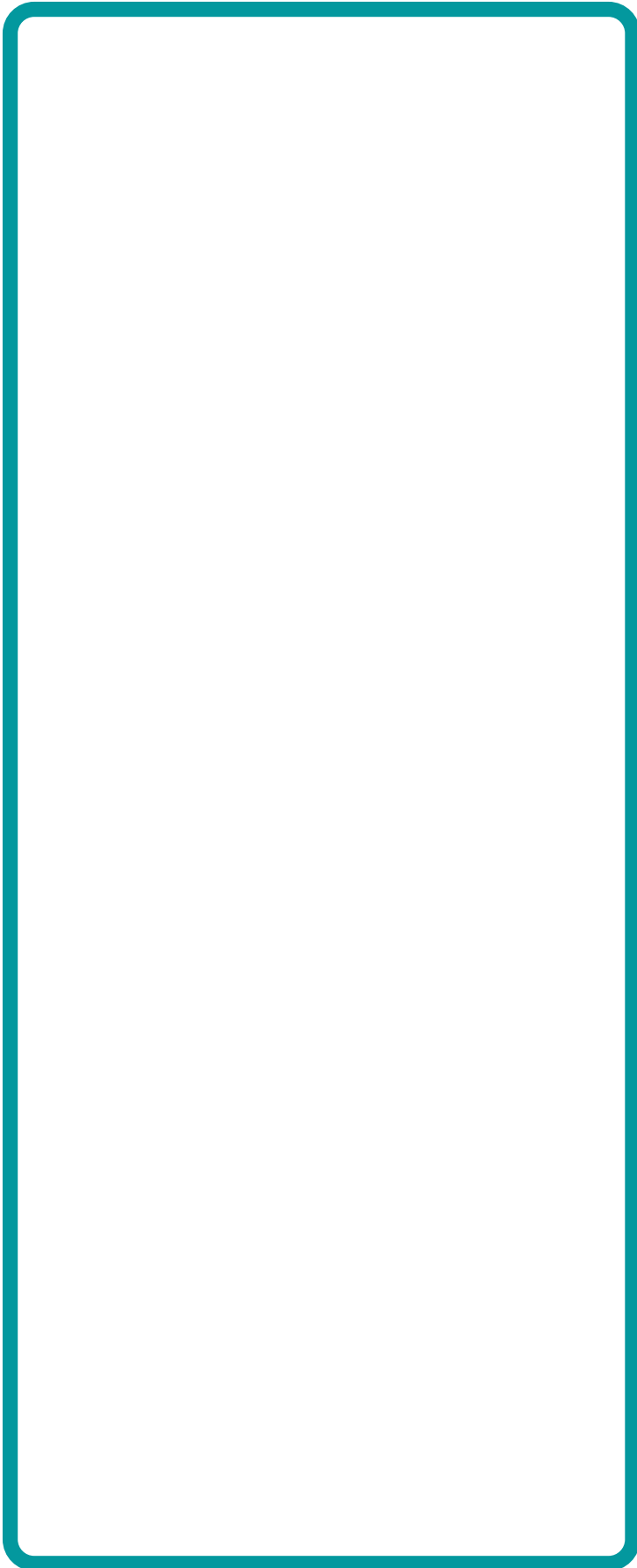


Are there people I can invite to be a member of my support circle

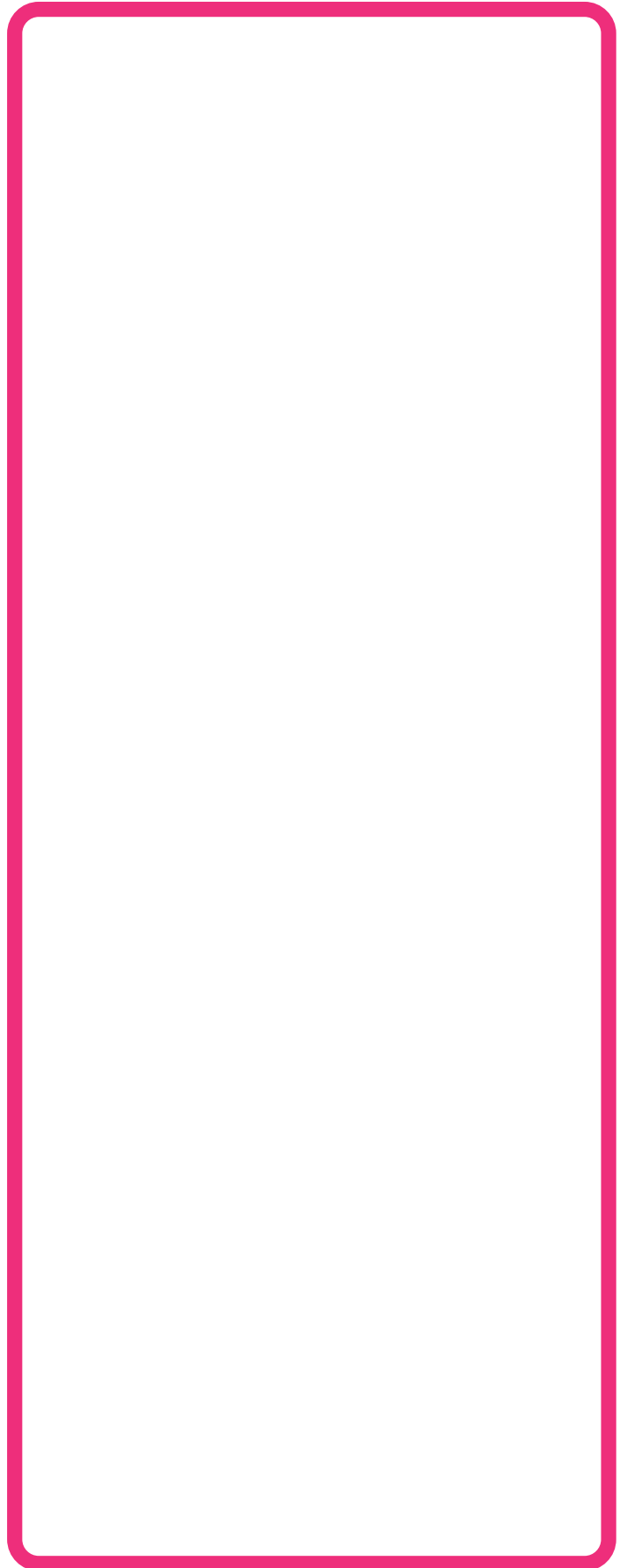


My Communication Signs

I show these signs when I'm happy



I show these signs when I'm unhappy



Goal 1

Goal



Steps to achieve this goal



Who will support me



What impact will this goal have on my life



Review Date



Goal 2

Goal



Steps to achieve this goal



Who will support me



What impact will this goal have on my life



Review Date



Goal 3

Goal



Steps to achieve this goal



Who will support me



What impact will this goal have on my life



Review Date



Goal 4

Goal



Steps to achieve this goal



Who will support me



What impact will this goal have on my life



Review Date



Goal 5

Goal



Steps to achieve this goal



Who will support me



What impact will this goal have on my life



Review Date



Goal Progress

Goal 1

Steps that have been achieved

Who has supported me with these steps

What impact has this goal had on my life

Whats Next

Goal Progress

Goal 2

Steps that have been achieved

Who has supported me with these steps

What impact has this goal had on my life

Whats Next

Goal Progress

Goal 3

Steps that have been achieved

Who has supported me with these steps

What impact has this goal had on my life

Whats Next

Goal Progress

Goal 4

Steps that have been achieved

Who has supported me with these steps

What impact has this goal had on my life

Whats Next

Goal Progress

Goal 5

Steps that have been achieved

Who has supported me with these steps

What impact has this goal had on my life

Whats Next



IONA

-DONEGAL-

**If you would like to contact a member of the
SRF Team**

Please see contact details below

orlad@spraoiagusport.ie

**Orla Doheny
SRF Transition Co-ordinator Donegal**

SRF Phase II