Universal Person-Centered Relationship-Building Tools

Adapted with permission from the following:

Kincaid, D. (2017). https://www.pbis.org/resource/346/person-centered-planning-presentation

Strategies for Learning

Exploring What is Important To People
- Routines & Rituals
- History
- Hopes and Fears
- Important Places People
- Strengths and Areas to Work On
- Hobbies and Interests
- Health and Wellness
- Social Strengths
- What works/Doesn't Work
- Barriers & Opportunities
- Important To and For
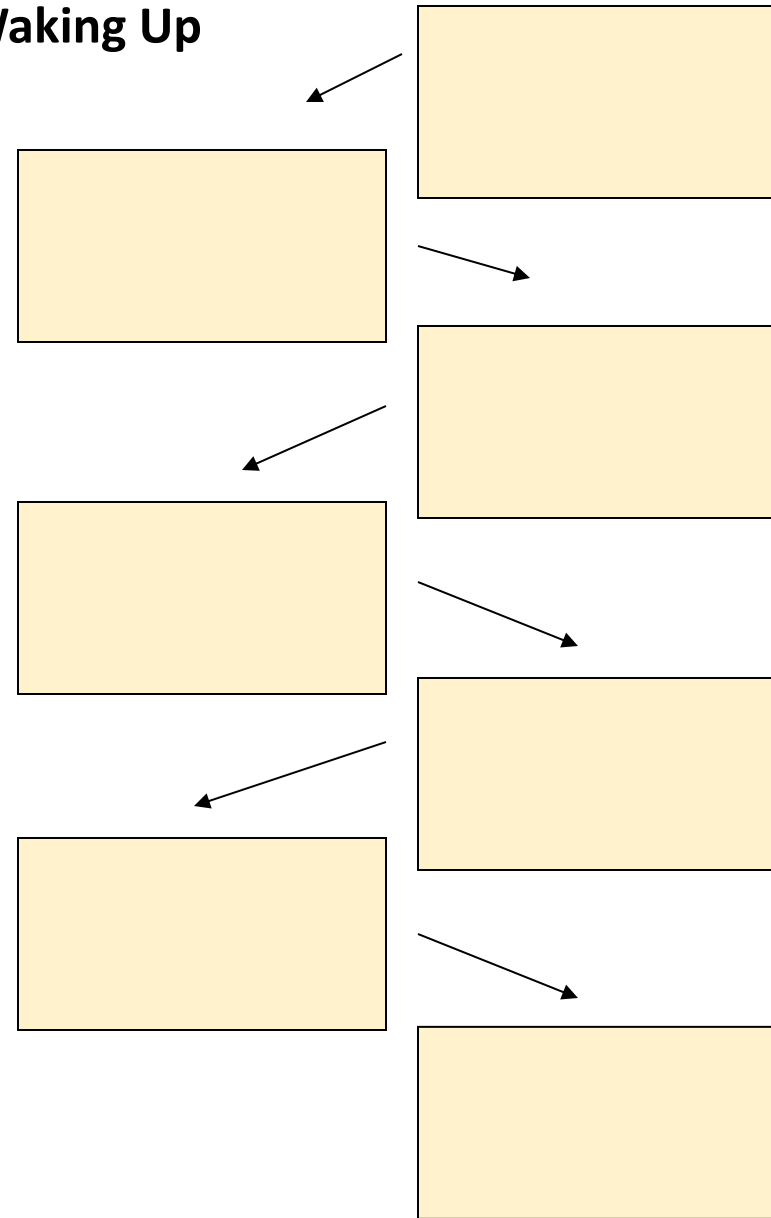
Important Routines

Pick a Routine That is Important.

Write Down the Steps of the Routine.

Put Each Activity in the Order it Occurs During the Routine.

Consider All Important Routines and Create Page for Each One.

Routine: Morning Waking Up

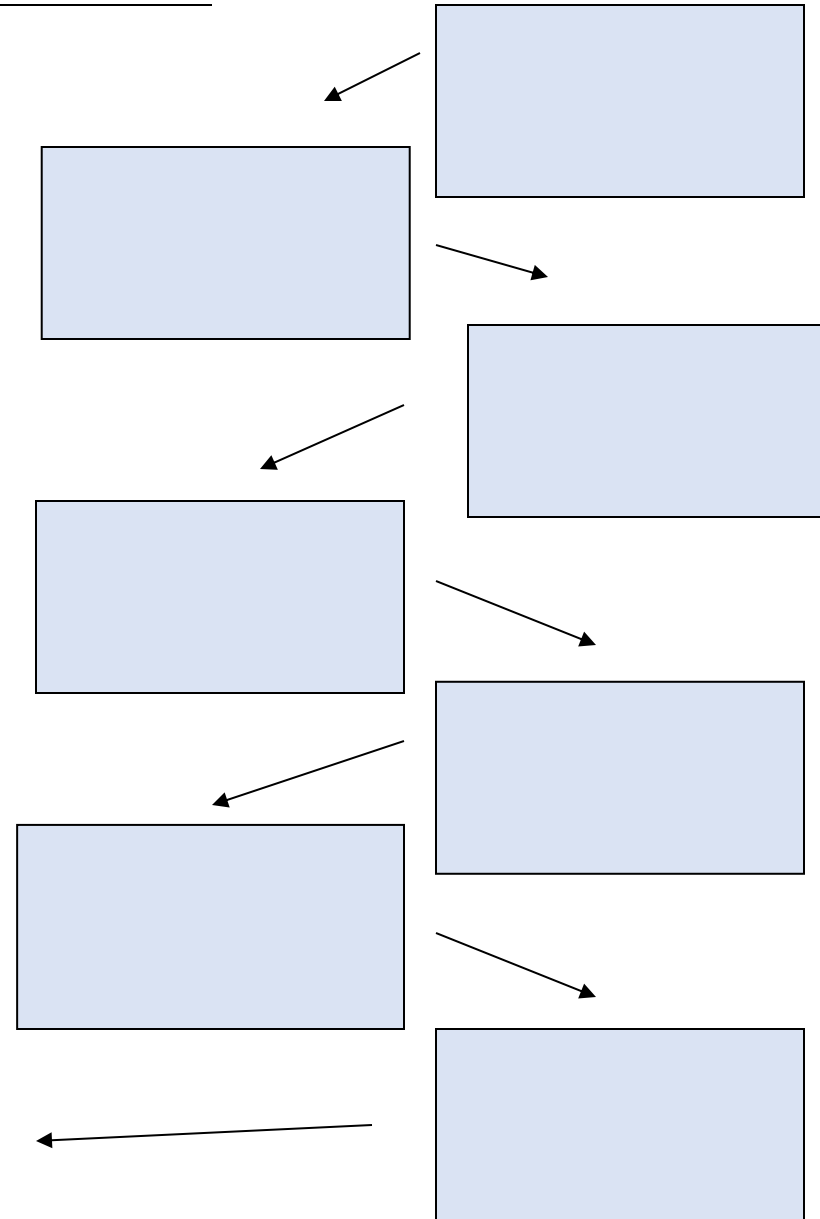# History

Born: January 28, 1967

Write Down events That Are Important in the Person's Life

Put a "*" next to any positive events.

Put a "-" next to any negative events.

Use another page if needed.

Today

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Identify the hopes and fears you have for this person.

Under "Hopes" list what is possible if we do the best we can.

Under "Fears" list what is possible if things do not improve or get worse.

Hopes

Fears

Indicate activities in which the individual participates in the **school or work.**

Indicate activities in which the individual participates in the **home.**

Indicate places in the **community** that the individual participates on a consistent basis.

List only 4-5 primary activities in each setting.

Important Places

School/Work

Home

Community

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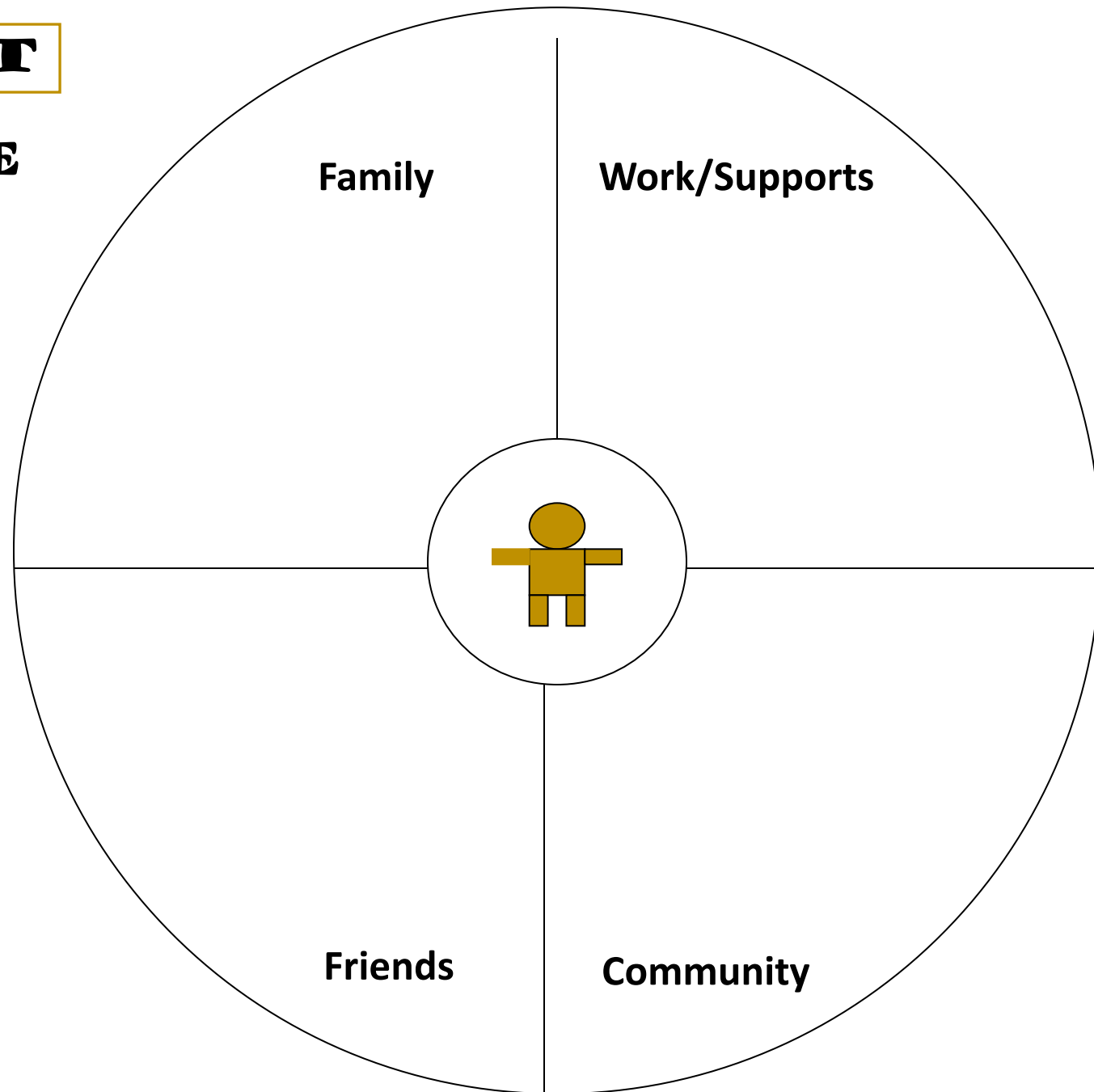
IMPORTANT PEOPLE

List the people who are present in the person's life.

Place their name in the appropriate section of the circle.

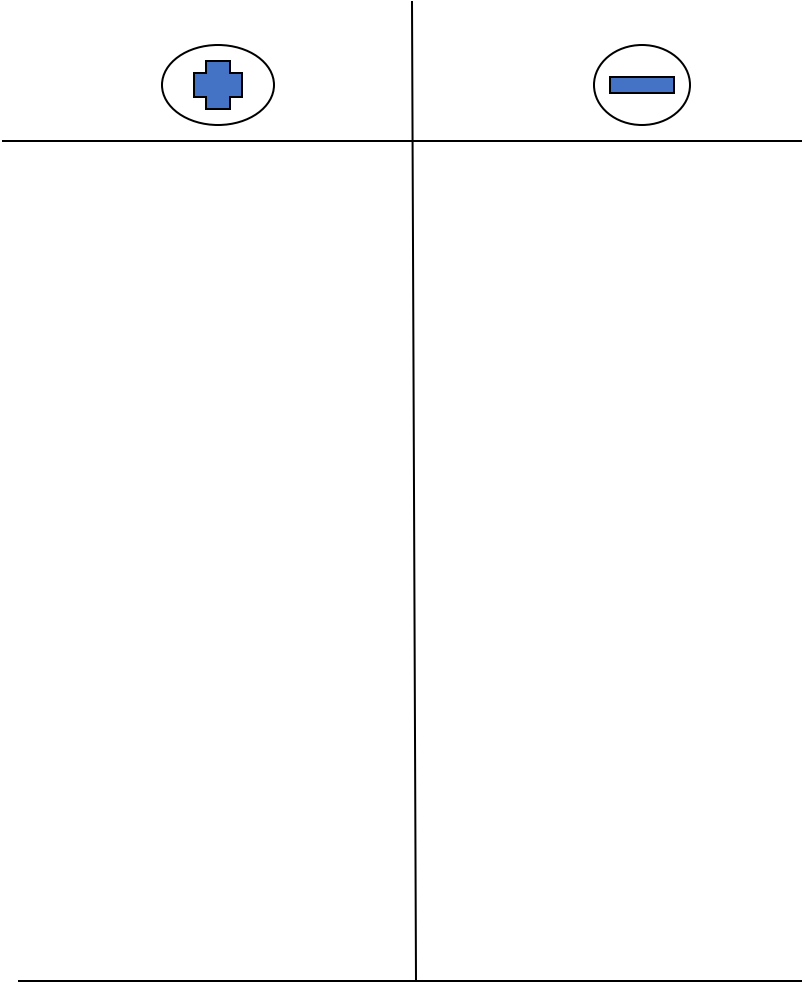Place the name of individuals who are closest to the person in or near the inner circle.

Family

Work/Supports

Friends

Community

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HEALTH

Describe health-related issues by listing any positive characteristics

Identify health problems that have an impact on quality of life

Hobbies

Interests

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What strategies work well for the person?

What strategies have not been as successful or cause the challenges in social interactions?

What Works!!!

What Doesn't Work!!!

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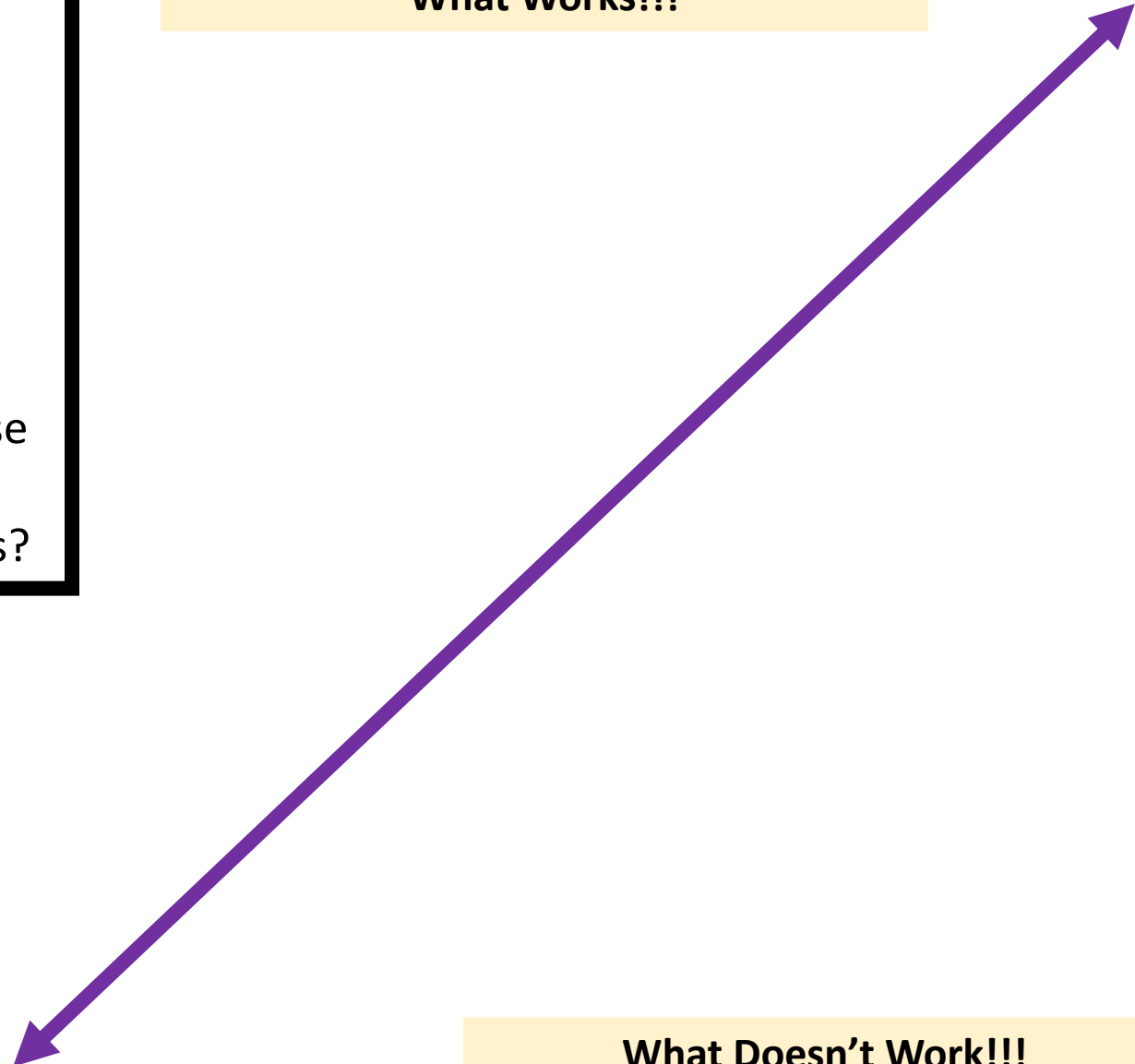
Social Strengths

List the social strengths a person has.

List social interaction patterns that would help the person connect with his/her community

Strengths

New Social Interactions

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What are some barriers and opportunities for this person and his/her team?

Opportunities

Barriers

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Important To: what is what brings joy and makes life worth living

Important For: Issues that are important for maintaining health, wellness, and safety

Important
To a Person

Important For
a Person