

Positive Social Strategies for Life Tools

Strategies for Learning

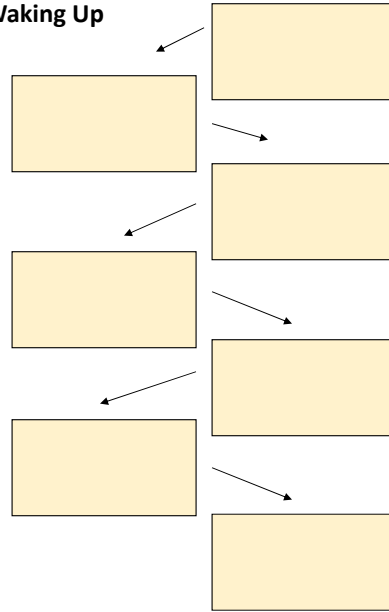
Exploring What is Important To People

- 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

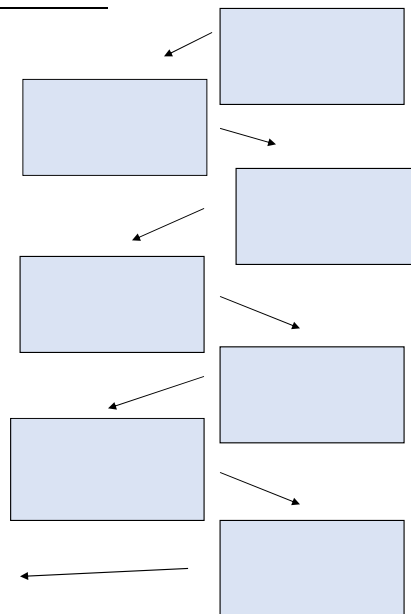


Kincaid, D. (2017). <https://www.pbis.org/resource/346/person-centered-planning-presentation>

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

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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.

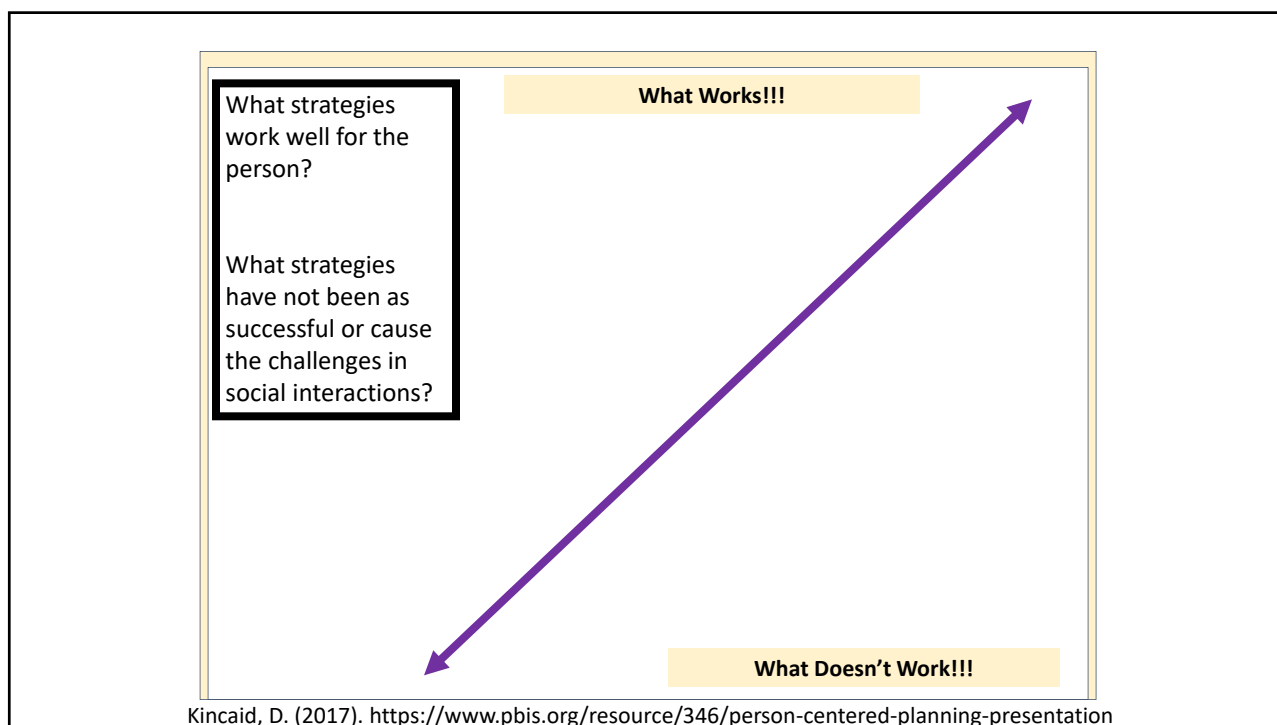
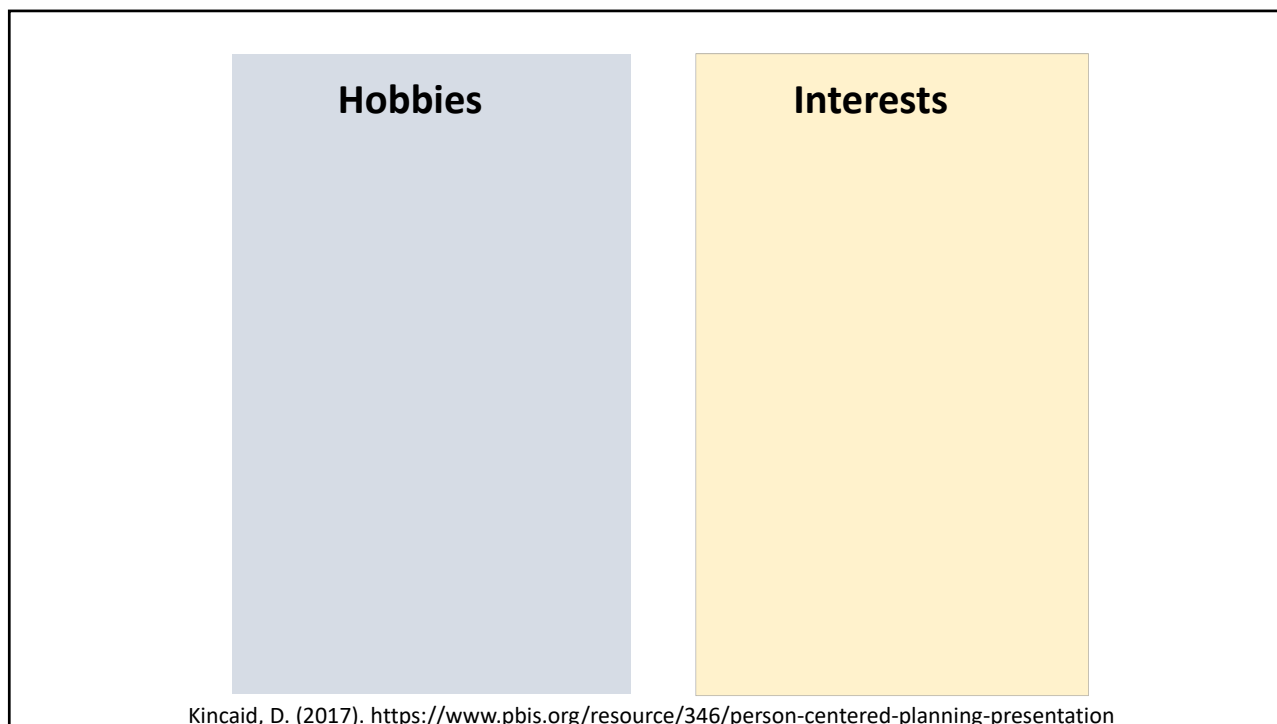
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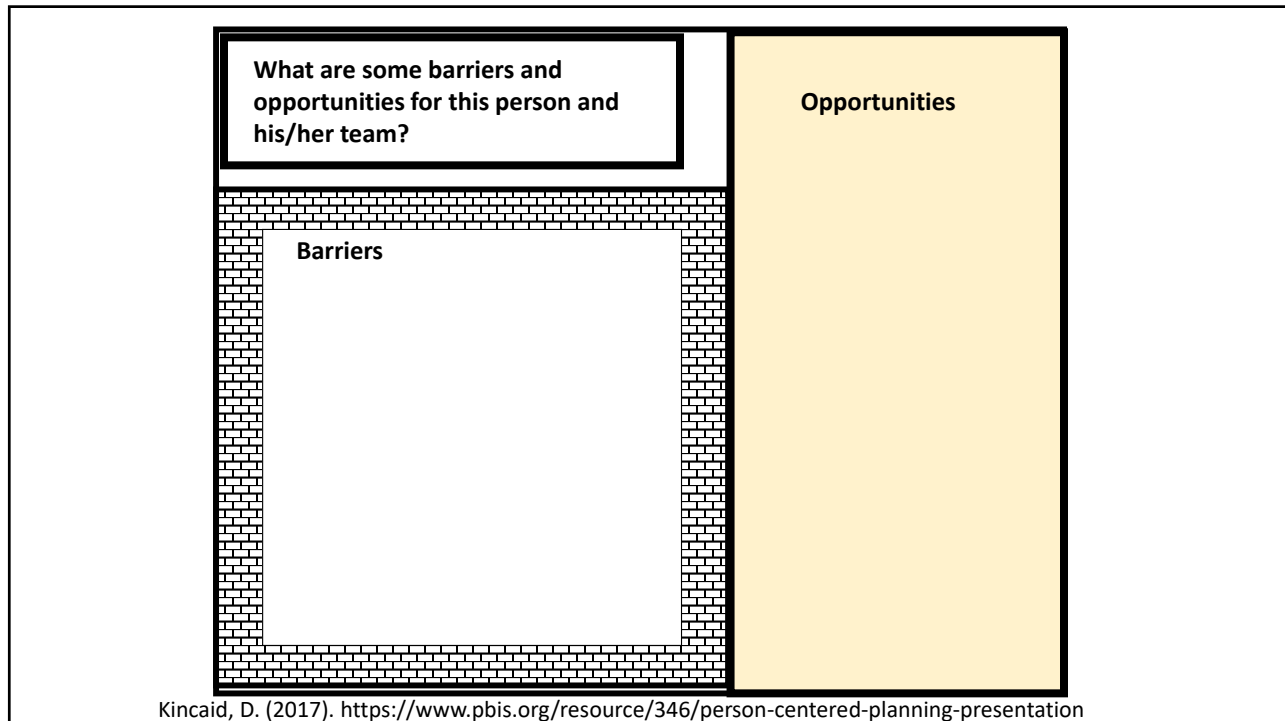
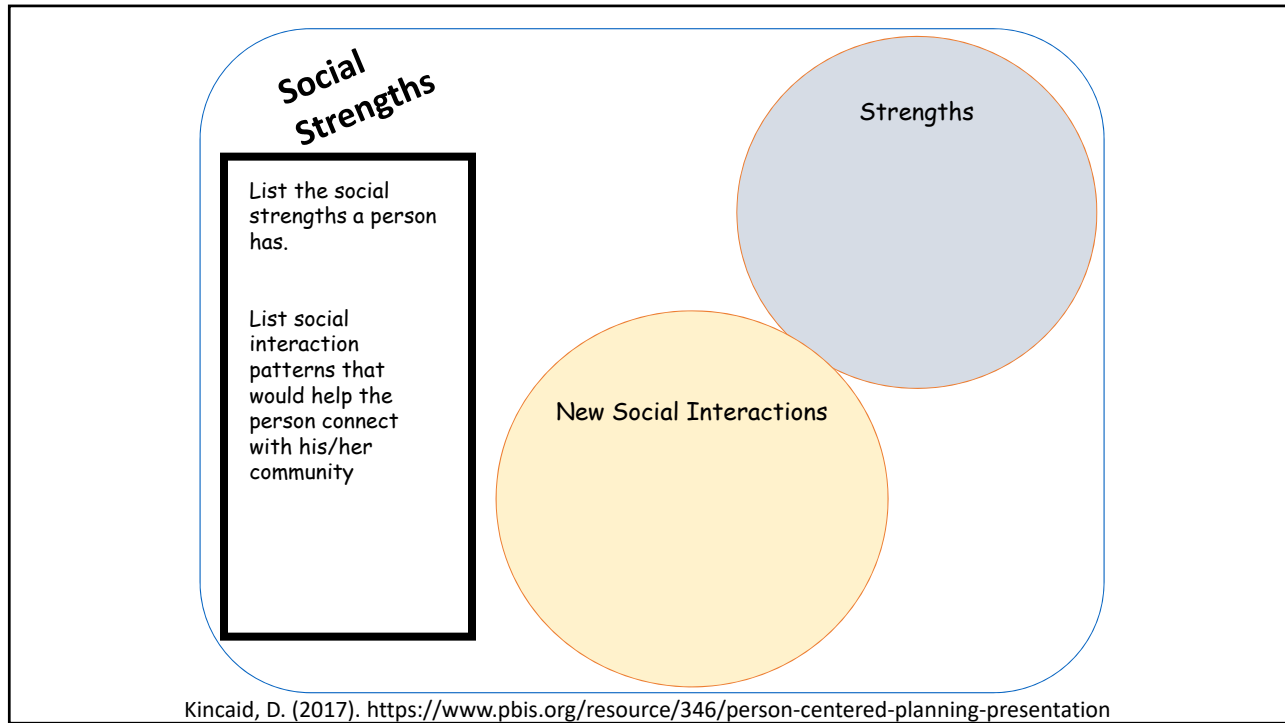
Describe health-related issues by listing any positive characteristics

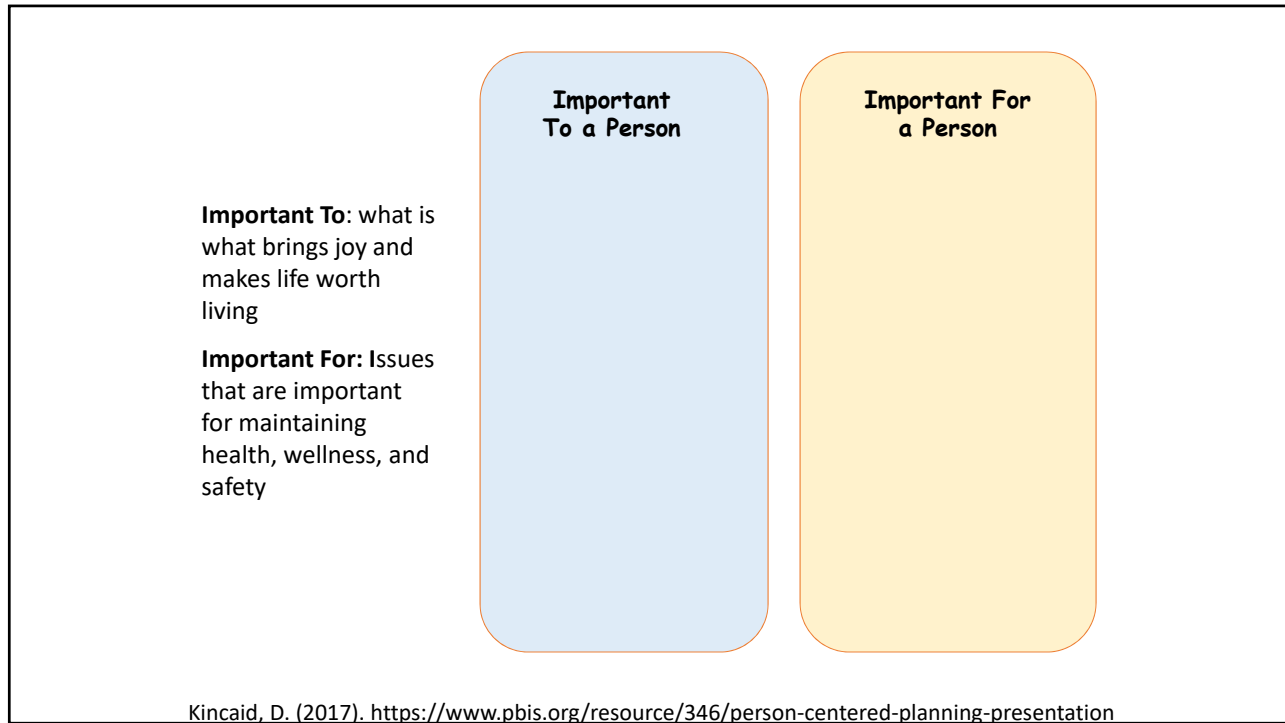
Identify health problems that have an impact on quality of life

HEALTH

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