

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

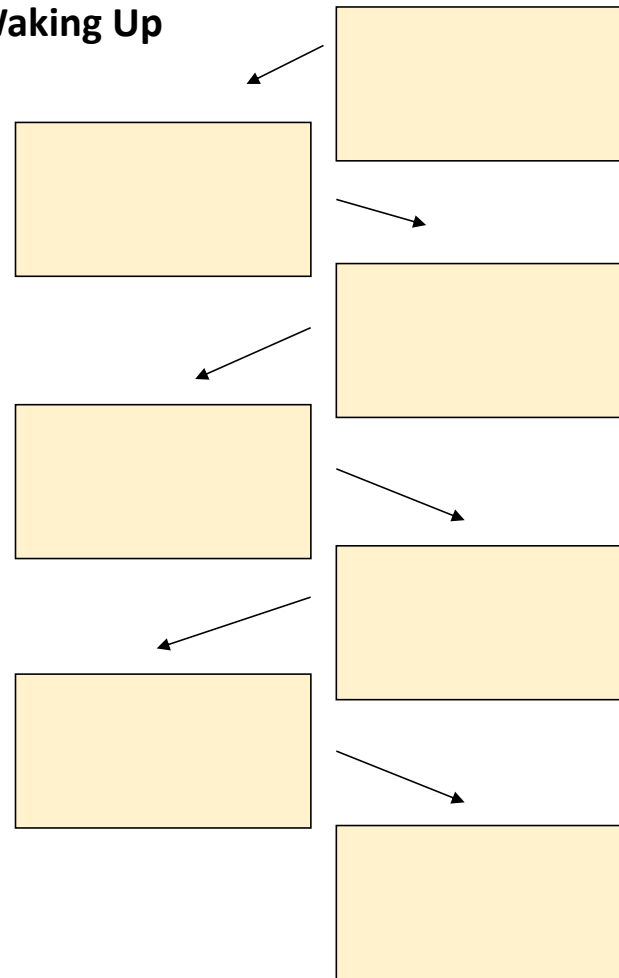
Pick a Routine That is Important.

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



History

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

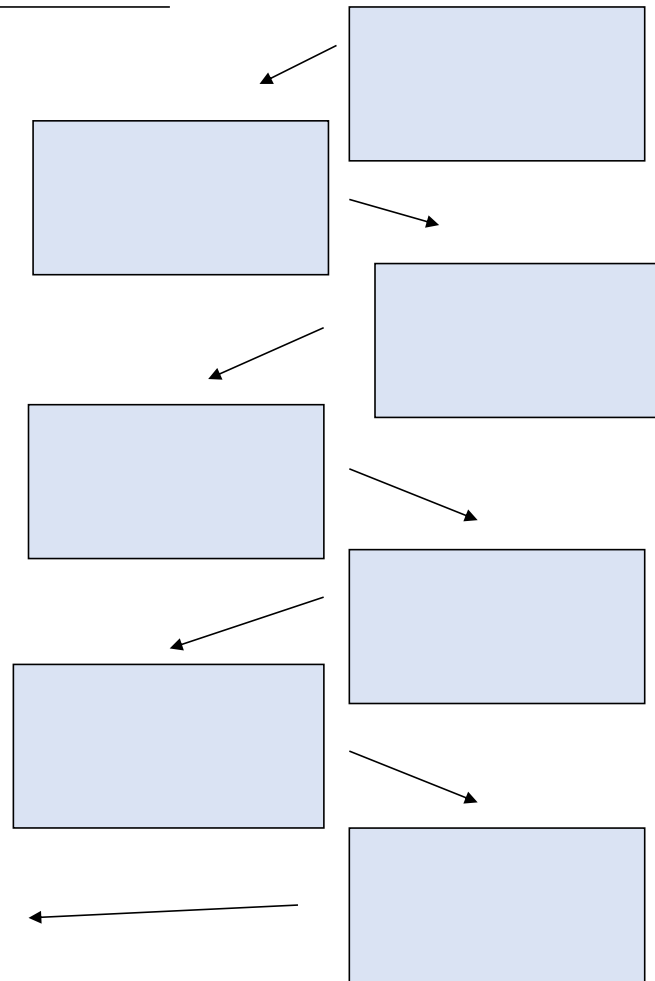
Put a "*" next to
any positive
events.

Put a "-" next to
any negative
events.

Use another page
if needed.

Born: January 28, 1967

Today



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

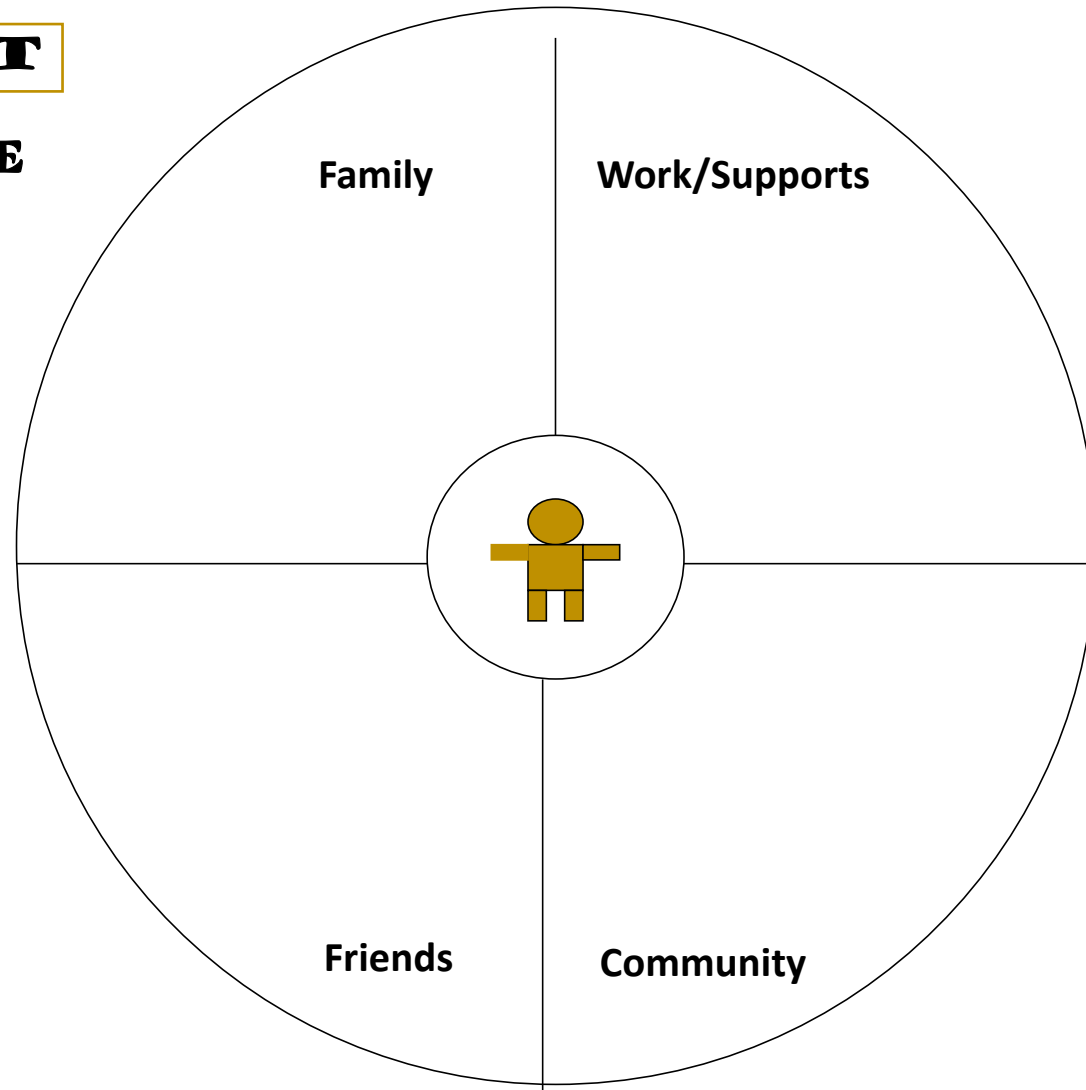


IMPORTANT PEOPLE

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

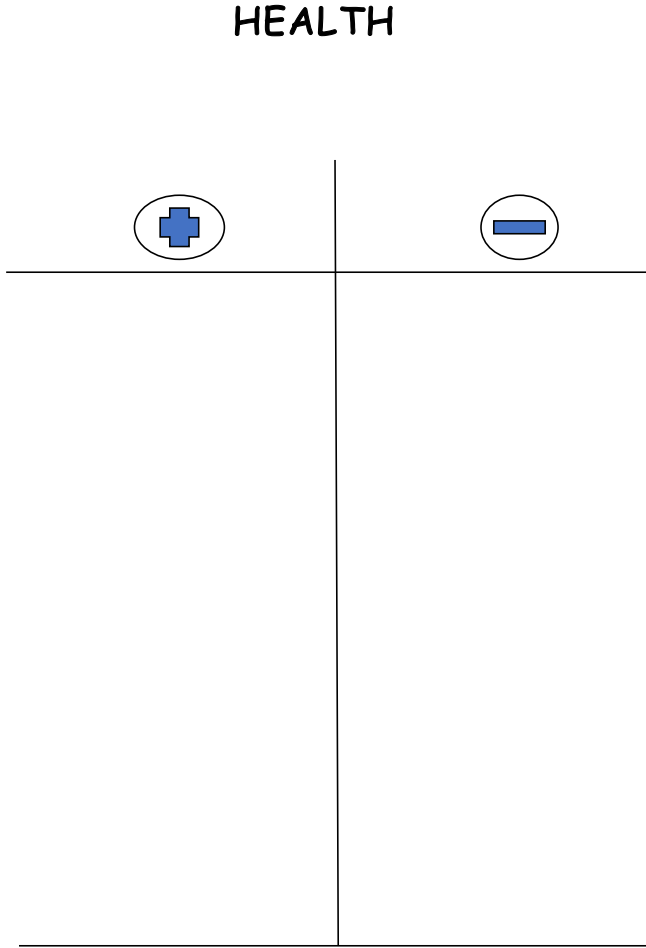
Place their name in the appropriate section of the circle.

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



Describe health-related issues by listing any positive characteristics

Identify health problems that have an impact on quality of life

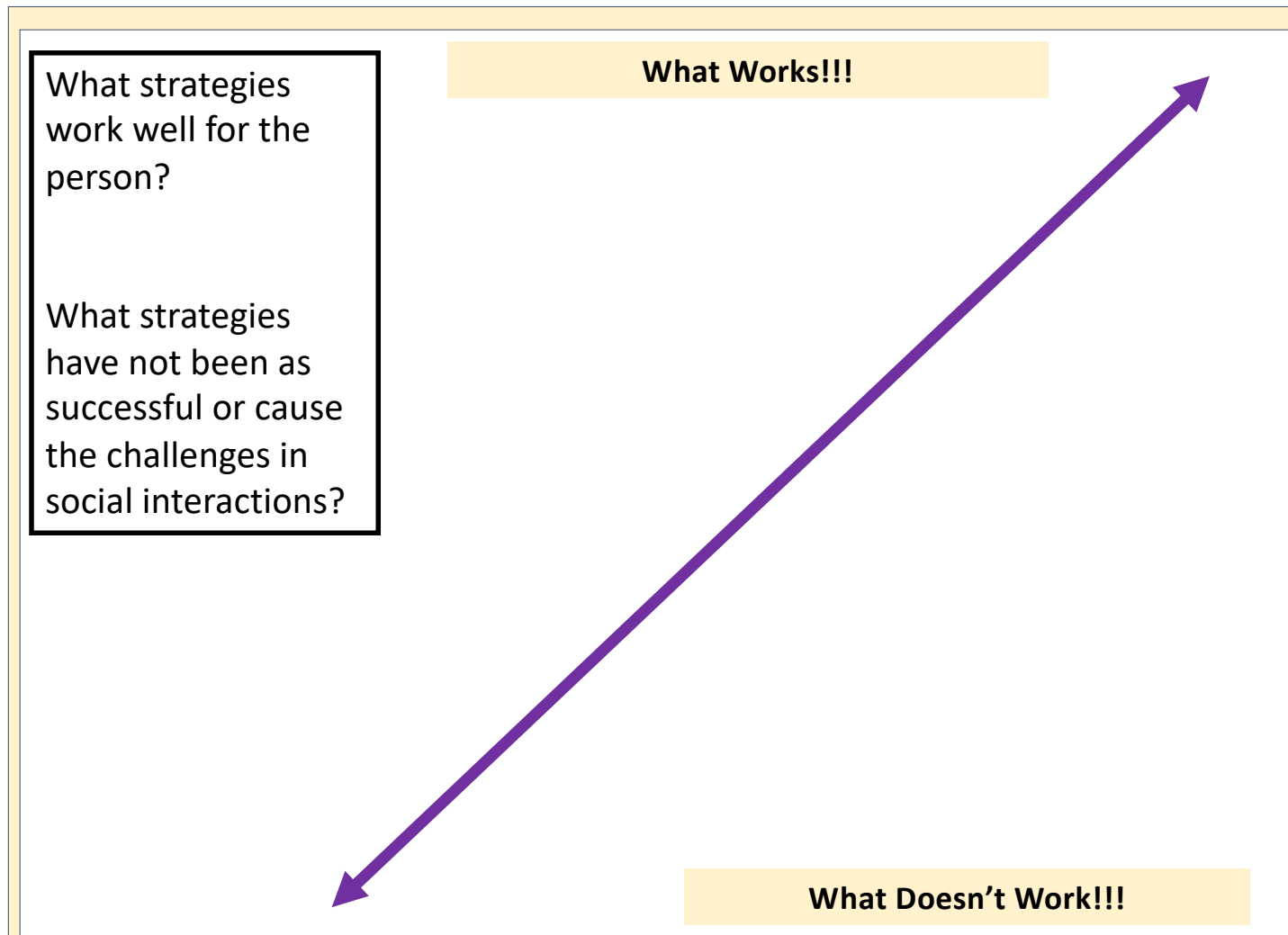


Kincaid, D. (2017). <https://www.pbis.org/resource/346/person-centered-planning-presentation>

Hobbies

Interests

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



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

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

<p>What are some barriers and opportunities for this person and his/her team?</p>	<p>Opportunities</p>
<p>Barriers</p>	

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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**