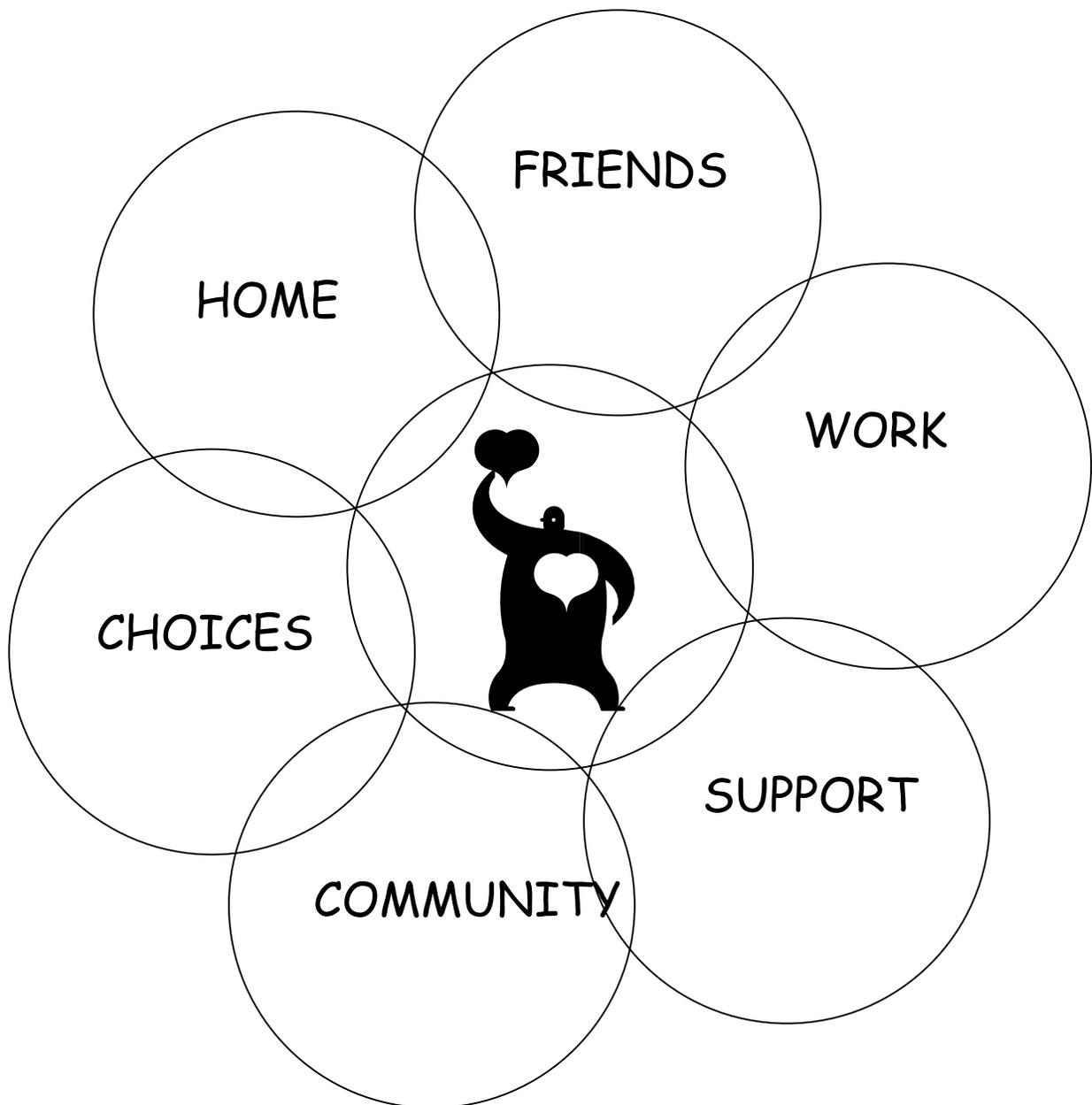


A Brief Guide to Personal Futures Planning Workbook

Organizing Your Community to Envision
and Build a Desirable Future with You

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Additional copies of this paper are available from the authors at:

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We hope this booklet will be useful to you as you begin to work with your son or daughter in planning for their future. We would love to hear about your experiences. To contact authors with questions or to share your experiences using personal future planning call or email to:

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Building a Personal Profile

The following maps--Background, ¹People, Places, Preferences, and Images of the Future--are representative of the maps used to create a personal profile. These five maps generally apply to anyone. You might also want to map choices, communication, capacities, health concerns, contributions, responsibilities, "nightmares", or any other pertinent issue. The format for each individual's plan is unique based on his or her circumstances.

The facilitator or scribe draws simple illustrations and uses a variety of colors while sketching out the maps. Colors can help make the maps easier for the participants to reference: green for positive experiences and opportunities; red for negative experiences and barriers; yellow for highlights, and so forth. Pictures help bring the information to life, making it more vivid for the participants. Lively maps also emphasize the more informal nature of the meeting.

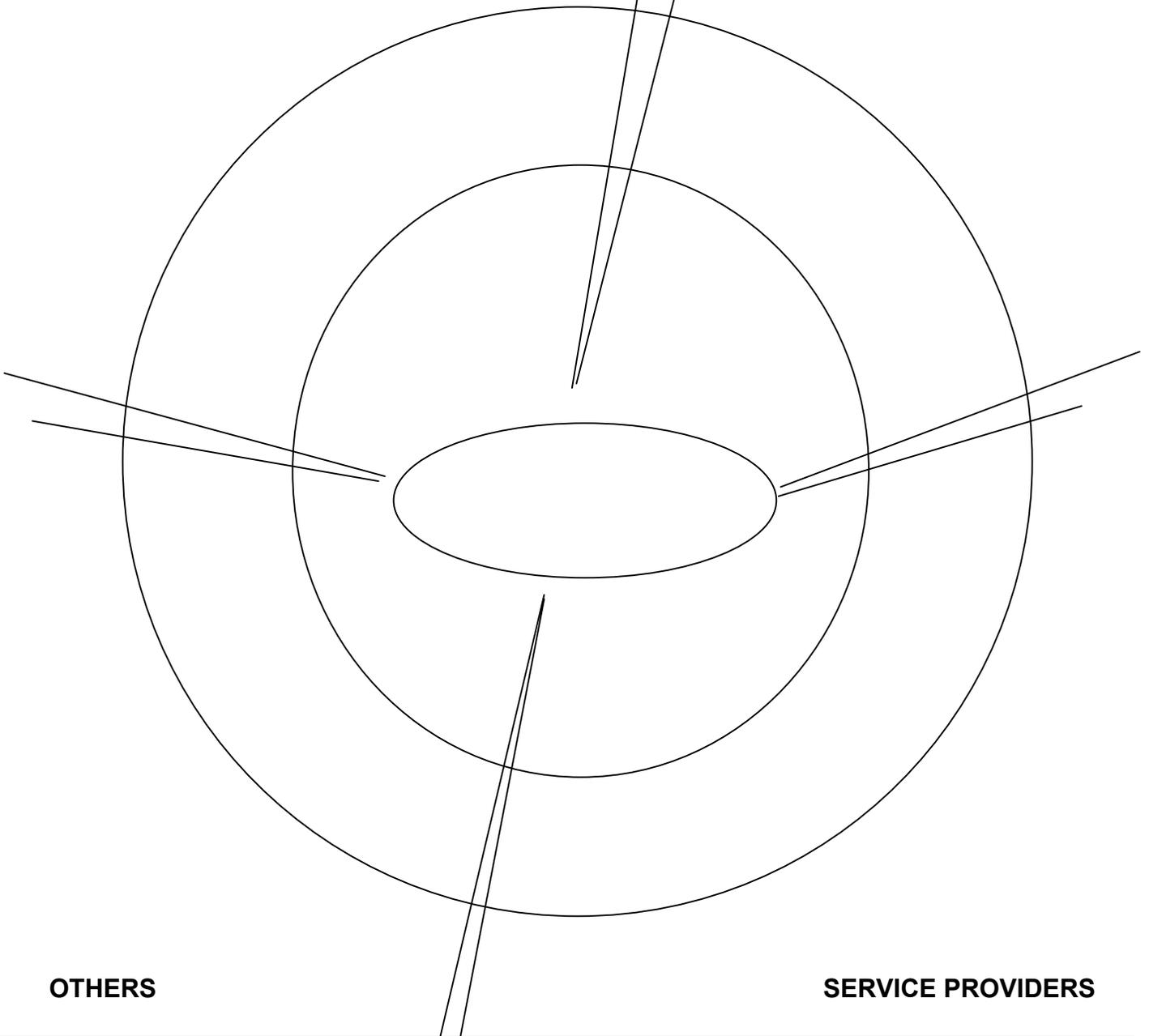
Background Map

The Background Map on the following page provides a history of the personal life experience of the focus person and a look at his or her family life and community life.

People Map

FRIENDS

FAMILY



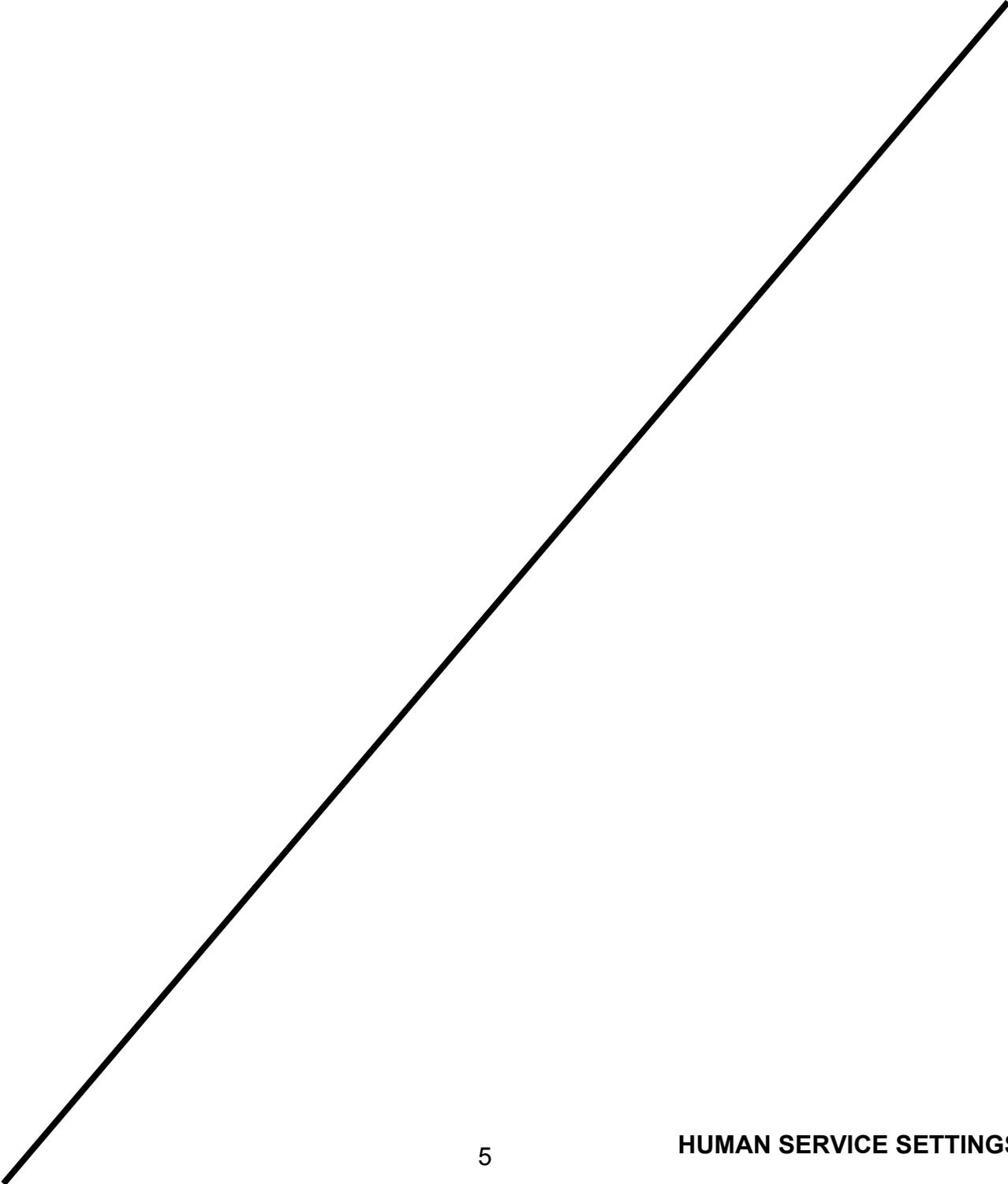
OTHERS

SERVICE PROVIDERS

This map illustrates the person's relationships. The inner circle is for those who are closest to the person. It includes people who see the person everyday or with whom he or she has a very close bond. The second circle is for those people the individual is involved with on a regular basis. The outer area is for those people whom the individual knows and finds meaningful, but with whom there is not as much opportunity to have contact. The map indicates relationships which must be protected in future plans, and points up areas where additional relationships need to be fostered. The "Places" map on the next page is used in much the same way.

Places Map

COMMUNITY SETTINGS



HUMAN SERVICE SETTINGS

Preferences Map

WHAT WORKS

CREATES INTEREST, ENGAGEMENT,
JOY, OR IS A STRENGTH

WHAT DOESN'T

CREATES UPSET,
FRUSTRATION, BOREDOM

The Purpose of Identifying Personal Preferences

Mapping preferences reminds the participants that the wishes of the focus person should be the basis for the dream the group discovers capacities to build on and conditions to avoid. These map helps illustrate patterns in the gifts potential, interest and unique contributions of the person it also helps identify patterns in the conditions that block or challenge the development of opportunities.

Images of the Future

New images of the future emerge as an individual and people who care explore ways to fully express the person's capacities and interests in the community. Participants bring together inner hopes and dreams with a new appreciation for the person's gifts and preferences to form a shared dream for the future. This chart helps illustrate what the focus person desires for his or her home, job, community life, and personal life. This is a picture of a dream.

HOME

WORK

COMMUNITY LIFE

PERSONAL/SOCIAL LIFE

Planning and Taking Action for the Future

After the personal profile is complete, the group works together to develop an action plan based on the image of the future. The facilitator leads the group in determining the opportunities to be explored and obstacles to be overcome in order to make the dream become reality. From this discussion the group develops strategies or action steps that group members agree to work on before the next meeting. The action plan includes steps to be taken, the person or people who will be working on each step, and a time-line. The focus of the plan may be broad or narrow, depending on what is needed at the time.

Action Plan for _____ Personal Futures Planning Group

Action Step

Time Line

Person Responsible

Action Step

Time Line

Person Responsible

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