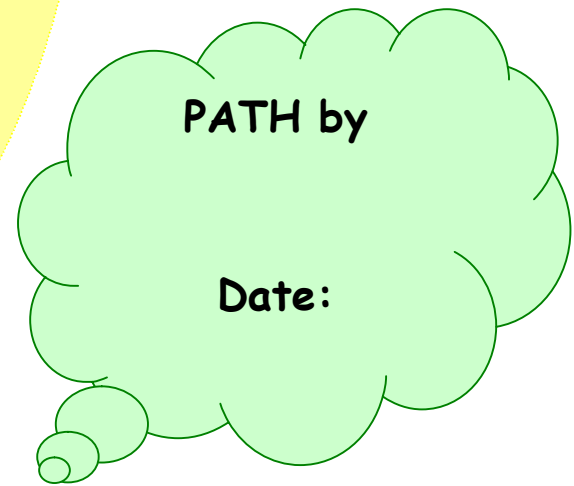
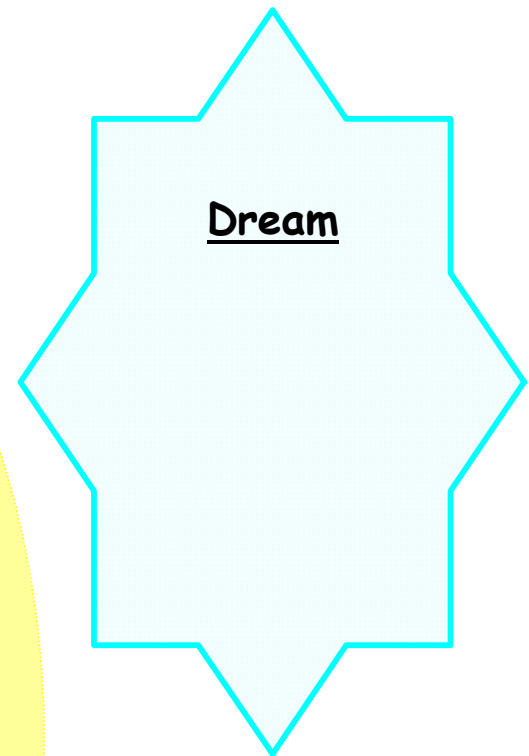
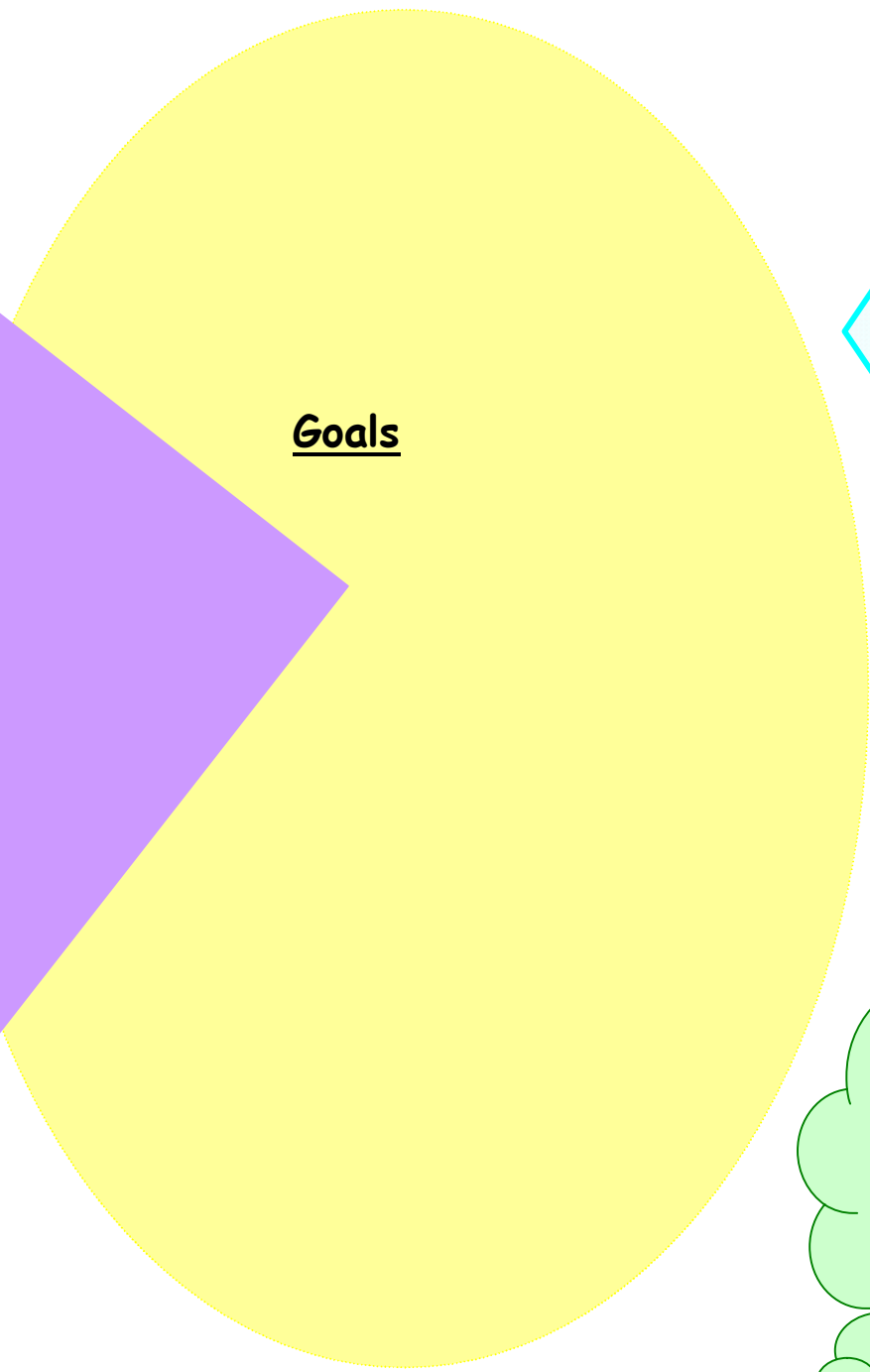
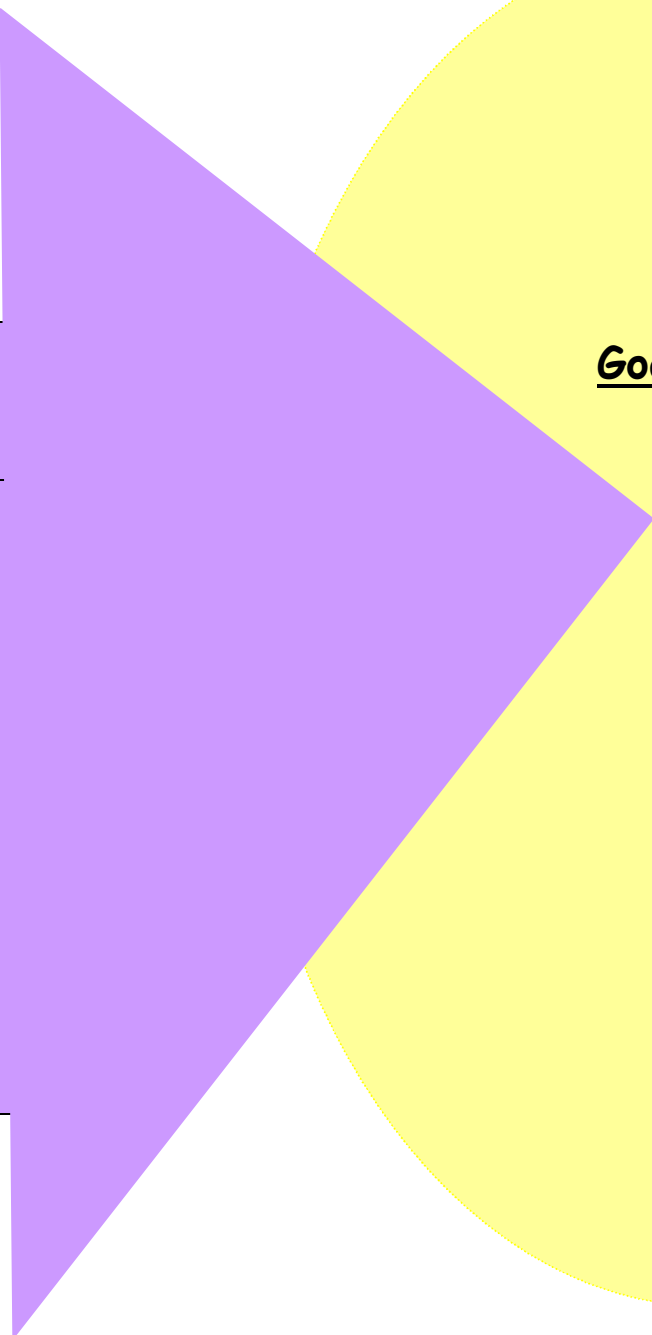


P.A.T.H. Person Centred Planning Tool
 (Planning *A*lternative *T*omorrow's with *H*ope)

Now	People to support me	Staying strong	1 st steps	Next one month

Order to complete P.A.T.H.
 Dream → Goals → Now → People to support me → Staying strong → Next 3 months → Next one month → First steps

Next three months



Questions to Support You completing a PATH

Remember:

- It is YOUR PATH - if you want to change bits in your PATH so that it suits you - do it!
- Try and make sure that in your PATH people 'sign up' and agree to do different actions.
- Don't forget to make times to review your PATH.

Dream

- What is your dream?
- If you could wave a magic wand - what would you, your family and friends wish for?
- Imagine you won the lottery - what would your dream situation be?
- If time, money, people, places were no problem - what would you want your life to be like?

Goals

- What do you want to achieve in your dream?
- What is it you want to change?
- What do you want to make happen?

Now

- What is happening now?
- What things work or don't work for you? (e.g. places, people, events etc)
- What are the positives and negatives that are happening at the moment?
- How are you feeling now? How are others feeling?

People to support me

- Who do you need to support you to achieve your goals/dreams?
- Put in this section names (could you use photos/drawings?) or groups (e.g. family carers) of people

Staying strong

- What needs to happen so that you achieve your goals/dreams?
- What things need to happen for you to stay positive?
- E.g. meet regularly, have lunch together, see the doctor every 4 weeks, etc
- What are the things that if they didn't happen would mean that you would not achieve your goal?

Next 3 months

- What do you want to have changed in 3 month's time?

Next 1 month

- What do you want to have changed in 1 month's time?

First Steps

- What are the first things that need to happen?