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Personal Futures Planning

Do

Use the process designed by Beth Mount to find out the person's likes, dislikes, history and ambitions.

Story

'They came to my house and asked me questions about where I wanted to live, whom I wanted to live with, what I wanted to do, and what would make me happy. This was quite a switch from all my previous talks with experts who thought that hardly anything was possible.

They challenged me to dream, so I did ... they not only accepted my dream, but treated it as my roadmap to a better life. They suggested I invite some friends over and share the vision with them, and they came. I would not have anticipated the depth of their commitment to me, to my vision, including helping me stay out of a nursing home. Since then, some people have dropped out, and new people have come in, but our journey has lasted for 5 years.'
(Ducharme et al 1994, pp355-6)

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Hints & Hazards

A facilitator spends time with the person exploring and recording what life is like now. This includes: who is in the person's life; who spends the most time with the person; the person's history; likes and dislikes; and dreams for the future. The person then invites people to a meeting where s/he and the facilitator take the group through the profile. Group members suggest ways of achieving the person's dreams and then make commitments to help with what they can. A follow up meeting is planned.
See Mount & Zwernik 1989

This approach works well when the person has a vision for the future for themselves and when the people closest to the person are strongly motivated to do something.