

Extended Version

Support Plan

for

Home address:
Date of birth:
Meeting date:

Important people we have invited:

Family

Friends

Paid support

Portions of the *Discovery Workbook* were adapted from the work of others: Cyndi Pitonyak, Montgomery County Schools; *Supports with Integrity and Imagination (SWIM)*: functional assessment materials developed by Dr. Tom James Ph.D. of the Region 5 DDD office in Tacoma, Washington; questions from Al Vecchione's *Building Emotional Alliances*; Martha Leary's *Social Dictionary*; John O'Brien and Connie Lyle-O'Brien's *Framework for Accomplishments*; and Michael Smull and Susie Harrison's *Support Plan form*. Many thanks to each for their permission to use the mate-



Support means...



When this is happening...	And the person does this...	We think it means this...	And we should do this...



Support means...



Implementing the following prevention strategies...

After completing our *discovery*, we believe the following things “set the occasion” for the difficult behavior (s):

Psychiatric Issue

Medical Issue:

Social/learning issue:

Environmental issue:

We believe the following supports (e.g., changes in medication regime, schedule changes, environmental modifications) will help to prevent the problem behavior from occurring:

We also believe the following changes in our day-to-day interactions with the person will promote success:



Support means...



Helping the person to achieve a sense of health and well-being...

<p>We are committed to helping the person to successfully resolve the following health care/mental health issues:</p>	<p>Currently, these issues are being addressed in the following ways:</p>	<p>What we will do differently:</p>	<p>Person (s) responsible/ Projected completion date</p>
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Support means...



Helping the person to develop and maintain enduring, positive relationships...

After completing our *discovery*, we determined that the following issues* inhibit the person from developing or deepening relationships:

*See, for example, Linda Stengle's problem-solving questions in the *Discovery Workbook*.

We are committed to helping the person to deepen existing relationships . Here's how we plan to help*:

*Examples: visits, remembering birthdays and anniversaries).

We are committed to helping the person to develop new relationships. Here's how we plan to help*:

*Examples: attend community functions, join a club, volunteer.

Person (s) responsible/
Projected completion date (s)



Support means...



Helping the person to find joy everyday in community places...

After completing our *discovery*, we determined that the person enjoys the following activities:

We are committed to helping the person to experience these activities in the following community settings:

We believe the following accommodations and supports will greatly enhance the person's success:

Person (s) responsible/
Schedule



Support means...



Helping the person to have meaningful choices and authority in life...

After completing our *discovery*, we determined that the person makes choices and expresses authority (power) in the following ways:

We are committed to helping the person to broaden his/her choices and express power in the following positive ways:

We believe the following accommodations and supports will greatly enhance the person's success:

Person (s) responsible/
Projected completion date (s)



Support means...



Helping the person to make a contribution to others...

A critical ingredient of well-being is the regular opportunity to contribute to others. We discovered the following ways in which the person is needed by others:

We are committed to helping the person to make a contribution to his/her community*:

We believe the following accommodations and supports will greatly enhance the person's success:

Person (s) responsible/
Projected date of completion:

*Note: Because many people using our services have a desire to "please" their caregivers, there is a risk that the person will agree to support others out of "compliance" rather than an open heart. For this reason, it is critical that the people supporting the individual to reach out to others have earned and deserve the his/her respect.



Support means...



Helping the person to learn valued skills...

After completing our *discovery*, we believe the person's difficult behaviors are a form of intentional communication. We believe the person is trying to tell us:

...and/or, we believe the person lacks coping skills.

Yes/No

We are committed to helping the person to learn the following pro-social ways to communicate his/her needs (be specific):

We are committed to teaching the person coping skills.

For ideas about teaching coping skills, see my handout *Upside Down and Inside Out* available online at www.dimagine.com.

We believe the following accommodations and teaching strategies will greatly enhance the person's success:

Person (s) responsible/
Projected date of completion:



Support means...



Helping the person to develop a social dictionary...

Message: "

"

What ____ may be trying to say	Ways he/she may say it	Responses & Resolutions

Message: "

"

What ____ may be trying to say	Ways he/she may say it	Responses & Resolutions



Support means...



Support for the team and each member of the team...

The team has needs. Steps we can take to assure the team gets what it needs to work joyously and effectively in the next year:

Each individual on the team has needs. Steps we can take to assure that everyone gets what they need (not necessarily what they want):



Support means...



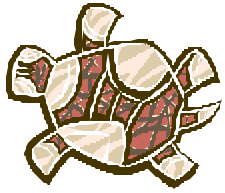
Helping everyone to feel safe during a crisis...

We are committed to making sure everyone knows what behaviors constitute a crisis (be specific):

We know that the following things help the person to achieve calm and assure everyone's safety:

We will avoid doing the following things which usually make matters worse:

We are committed to getting the right help at the right time. The number we will dial. Who we will call. What we will say (be specific):



imagine

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For additional information, visit the imagine web site:

www.dimagine.com

The Support Plan (Extended) and The Discovery Workbook

The *Support Plan (Extended)* is designed to be completed using the *Discovery Workbook* (available at the Imagine web site).

Reproducing the *Support Plan (Extended)*

Permission is granted to download single copies of this handout from the Imagine web site. Should you wish to reproduce the document for distribution or training, please contact David at the above address.

Acknowledgements

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