

Preparing your PATH: Creating a Plan for a Life or an Organization

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What is a PATH?

- Planning Alternative Tomorrows with Hope
- Facilitates community building
- Creates a common vision
- Creates a circle of support
- Facilitates movement toward a vision
- Ongoing process



Our Mission

“Our mission is to boldly go where everybody else has already been!”

A *Star Trek* fan with a disability



For a Microboard



- Serves as a mission/vision for the person.
- A living plan that can change and grow with the person.
- Provides a guide to reaching goals and dreams.

For a Cooperative



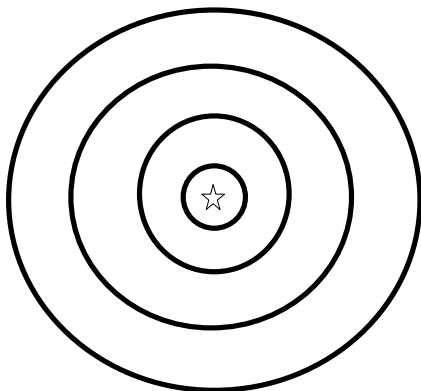
- A process for understanding commonalities.
- A vehicle for learning about each other.
- A plan for how to work together.
- Can serve as a mission/vision for the group.
- Determines the starting point.

What should you expect during a PATH?

- Expect to spend at least two hours together.
- 2 facilitators. One to lead discussion and one to draw and take notes.
- Space on a wall or board for a large piece of paper that everyone can see
- Comfortable seating area that includes all participants.
- Light refreshments or a meal – whatever your preference



Charting Your Circle



Who should be asked to attend a PATH for an individual?

- The person who is supported
- Family members and friends who care about and support the person's dreams
- Friends who are near in age to the person
- Someone with a disability
- Friends from church, work, school
- Neighbors



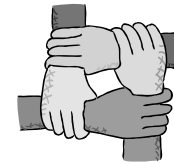
Who should be asked to attend a PATH for an individual?

- People who share interests with the person such as sports, clubs, church, school, and types of employment
- People who have been part of the person's life in the past like teachers, support people, friends, and coaches
- People with business experience
- People who are fun and enjoy life!



Building a PATH team

- Diversity
- Strong links to networks, associations, and organizations
- Belief that change is possible
- Creativity



Sample Invitation

Dear:

As a friend involved in ___'s life, we would like to invite you to a PATH: Planning Alternative Tomorrows with Hope, to participate in planning for a great life for ____. We'd like you to join us in being part of his future.

It is important for those of us who care about ___ to join his network. We need to reach out to ___ to achieve his hopes and dreams.

The date of the PATH is ___ at ____. We look forward to hearing from you and truly hope you can attend.

Thank you.



Questions to consider before the PATH

- How can we help the person to achieve a sense of health and well-being?
- How can we help the person to expand and deepen his/her relationships?
- How can we help the person to have more fun in ordinary, everyday community places?



Questions to consider before the PATH

- How can we help the person to have more power?
- How can we help the person to make a contribution to others?
- How can we help the person learn valued skills?
- How can we help the person's supporters to get the support they need?



The Steps of the PATH



The North Star

- Look into the future (10-15 years) with no boundaries.
- Commit to paper what the dream looks like.
- Think outside the box.



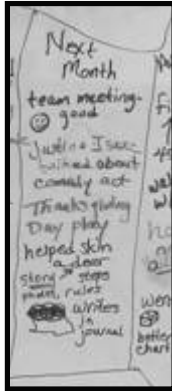
One Year Out – Positive and Possible

- Pick goals that reach for the dream that are possible to achieve with a stretch.
- Challenge yourselves.
- Holding a vision of how your life could be in the future provides motivation.
- Speaking in the past tense.



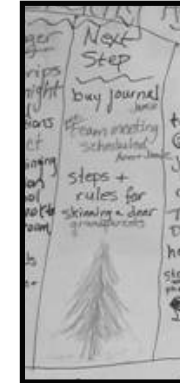
One Month

- Specific goals for the team
- Defines responsibility
- Desired results
- Time Line
- How do we check progress?



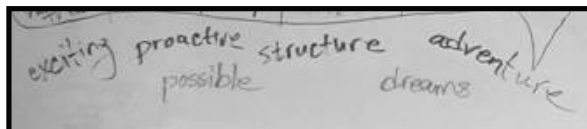
Next Steps

- Next 2-3 days
- What needs to be done?
- Who will take responsibility?
- Does everyone have a role?



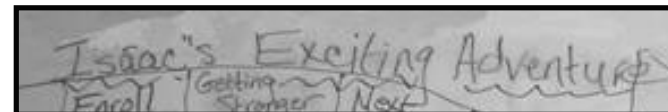
Reflections

- One word from each participant
- What the PATH process meant



Naming the PATH

- A collaborative task honoring the dreams and future of the individual.
- Can become the name of the Microboard



Ground Rules

- We're here to find a PATH to a good future for ____.
- It is *vital* for the success of the PATH for EACH PARTICIPANT to share their dreams, ideas and knowledge in support of ____.



Ground Rules

- Listening is key. Help each other to become better listeners.
- We will slow down so we have time to think.
- We expect it to be messy or confusing at times.



Ground Rules

- We will be respectful and greet new ideas with curiosity and consideration.
- We will be honest with saying Yes or No to taking action.
- We will take care of one another.
- Be present. Be kind. Turn off your cell phone.



Think about how you can...

- Be a friend
- Introduce the person to people and social opportunities
- Find ways for the person to make a contribution
- Enhance the quality of the person's life
- Take part in celebrations



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