

PATH

Planning Alternative Tomorrows
With Hope

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What is PATH?

- Person centred
- Positive behaviour support
- Moving forward together



Where did it come from?

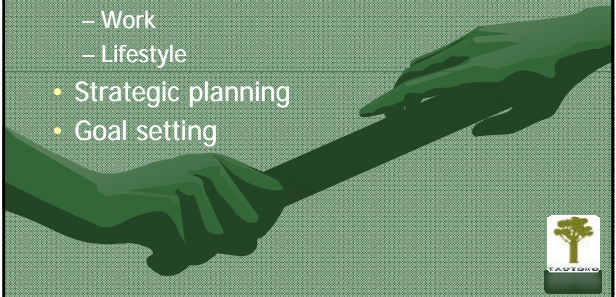
Jack Pearpoint,
Marsha Forrest and
John O'Brien in
Canada

- Inclusion into school and community
- Used by business and management
- Used throughout the world




How it is used in New Zealand?

- Transition
 - School
 - Work
 - Lifestyle
- Strategic planning
- Goal setting




Preparation

- Who is the team?
- Start with the person
- Build the fun and excitement



PATH process



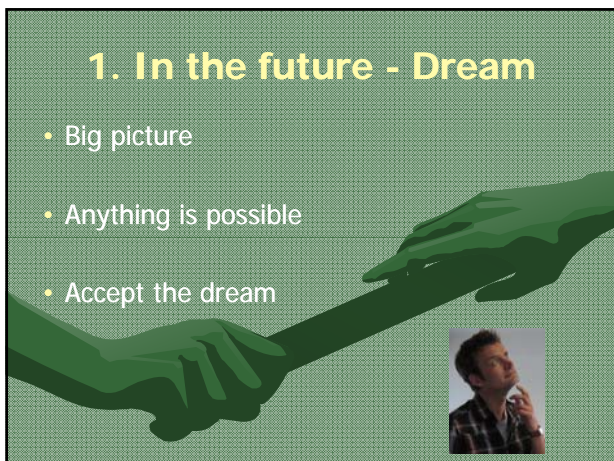
The diagram illustrates the PATH process as a sequence of steps leading to a 'Dream' (represented by a starburst). The steps are numbered 1 through 8:

- 1: (Name) Path
- 2: Review data
- 3: What's happening?
- 4: Who to serve?
- 5: How to get stronger?
- 6: Goals for next week
- 7: Goals for next month
- 8: Goals in 6 months

The final step, 'Goals in one year?', is represented by a blue circle with the number 2 inside, which points towards the 'Dream' starburst.

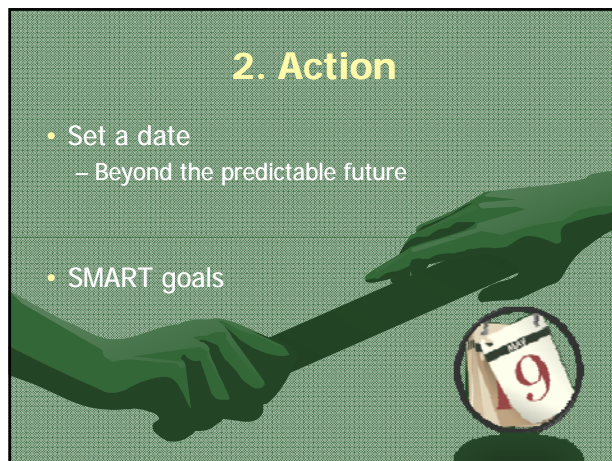
1. In the future - Dream

- Big picture
- Anything is possible
- Accept the dream



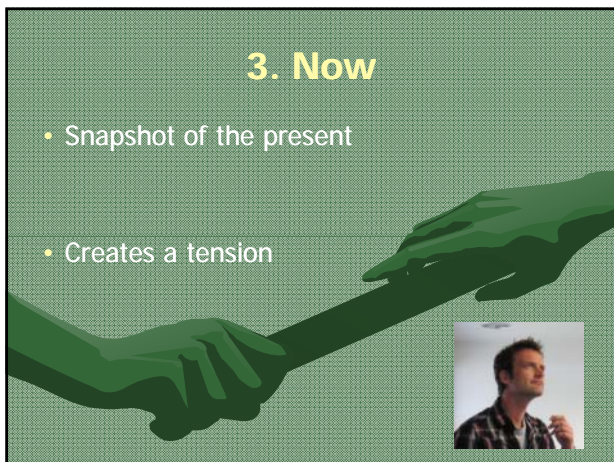
2. Action

- Set a date
 - Beyond the predictable future
- SMART goals



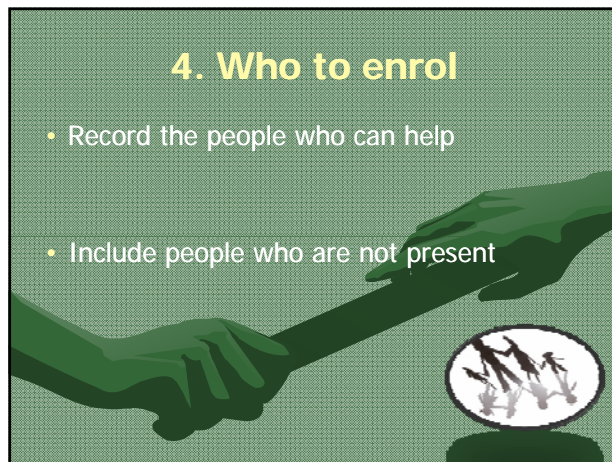
3. Now

- Snapshot of the present
- Creates a tension



4. Who to enrol

- Record the people who can help
- Include people who are not present



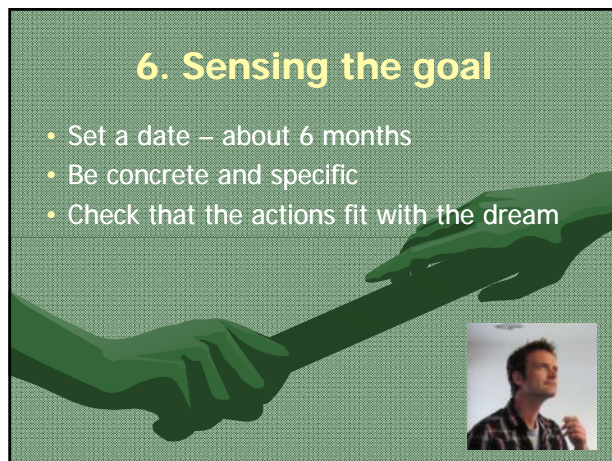
5. How to grow stronger

- What you need to get strong and stay strong
 - Skills
 - Relationships
 - Health
 - Knowledge



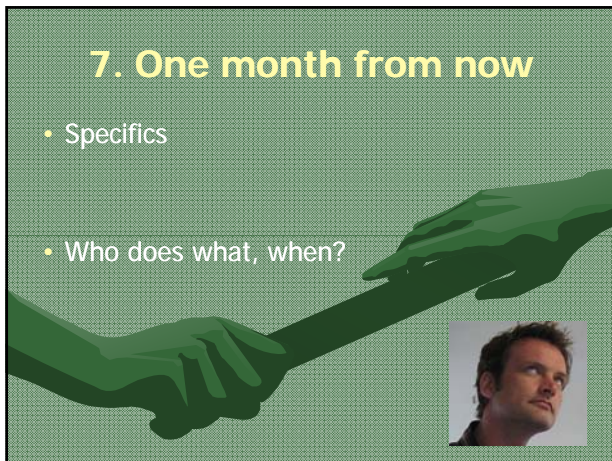
6. Sensing the goal

- Set a date – about 6 months
- Be concrete and specific
- Check that the actions fit with the dream



7. One month from now

- Specifics
- Who does what, when?



8. First steps – one week from now

- What?
- Who?
- When?



Colette's Path 29/10/08 Review date - May 09

What's happening now? <ul style="list-style-type: none"> • OT student • Living with mum and dad • Missing Francois • Not enough exercise • NZ friends • OT school • Healthy eating is going well • On last placement 	Who is involved? <ul style="list-style-type: none"> • Francois • Mum and dad • OT school staff • Bongo teacher • Tamsyn • Travis • Scottish family • OT's • Jamie • John 	How to get stronger <ul style="list-style-type: none"> • Communication world wide • \$\$\$ earning money and setting a budget • Work / Life balance • Building a career 	Goals for next week <ul style="list-style-type: none"> • Placement • Bike rides • Walking • Meet Christie • Explore a new job in NZ
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TAUTOKO
People present at Path plan: Colette, Jamie, Emma, Janelle, John, Jen, Robyn

Goals for next month

- UK registration for OT
- Apply for jobs
- OT placement will finish
- Free exercise – biking, swimming
- Kiwi friends

12 May 2009

- Happy birthday
- 1st OT job
- With Francois – in own flat together
- Using wages to pay loan
- Yoga class

Xmas 2009

- OT Job
- \$\$\$ - loan decreasing
- Savings increasing
- Own flat with Francois
- Something creative
- Yoga class
- Music and dance

Dreams

- Family
- Friends
- A villa with trees and garden, Francois and 2 children
- Work as an OT
- Earns good money
- Travel overseas
- Friends
- FUN - music, dance, bongo drums, something creative
- Be fit and healthy
- Be peaceful – yoga
- Exercise – bike riding

To remember

- Whose PATH is it...and who keeps it?
- Facilitation – 2 people
 - One to facilitate
 - One to record
- Review

