

# PATH



Planning Alternative Tomorrows  
With Hope



# 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

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graph TD; A[Jack Pearpoint, Marsha Forrest and John O'Brien in Canada] --> B[Inclusion into school and community]; A --> C[Used by business and management]; A --> D[Used throughout the world];
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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



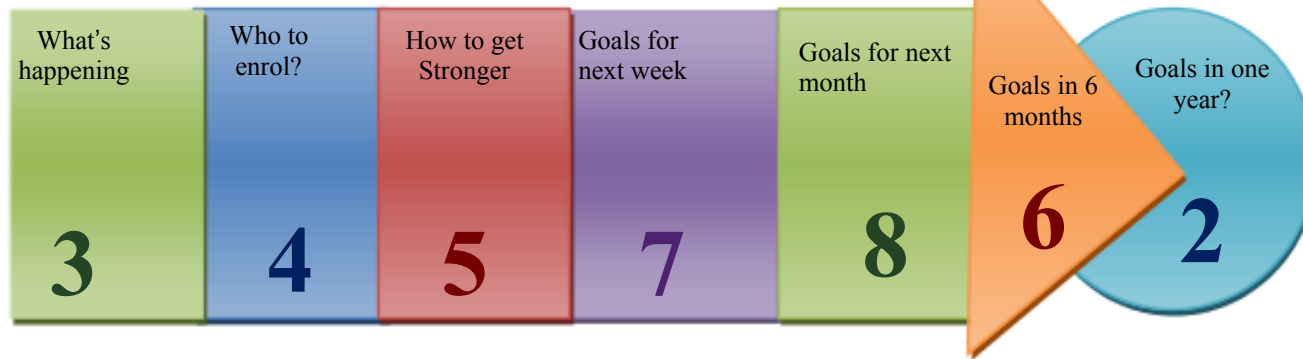
# Preparation

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



# PATH process

(Name) Path    Review date



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# 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?

- 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?

- Francois
- Mum and dad
- OT school staff
- Bongo teacher
- Tamsyn
- Travis
- Scottish family
- OT's
- Jamie
- John

## How to get stronger

- Communication world wide
- \$\$\$ earning money and setting a budget
- Work / Life balance
- Building a career

## Goals for next week

- Placement
- Bike rides
- Walking
- Meet Christie
- Explore a new job in NZ

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



- Family
- Friends
- A villa with trees and garden, Francois and 2 children
- Work as an OT
- Earn 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



# PATH

- INTRODUCE OURSELVES
- EXPLAIN SEMINAR
  - POWERPOINT – 30 MIN
  - WORKSHOP – 60 MIN
- CONTACT DETAILS

