

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

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



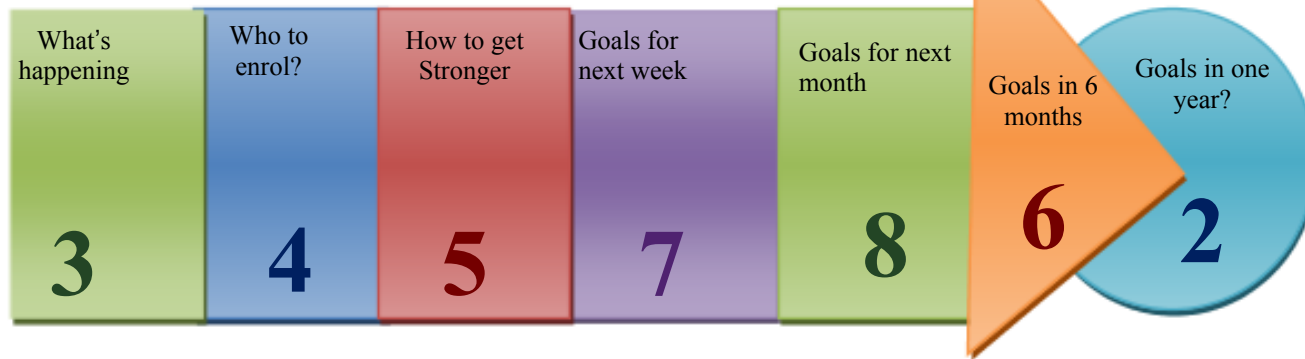
Preparation

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



PATH process

(Name) Path Review date



1

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

Dreams

- 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

