

Class 8

*Drafting Your
Person-Driven Plan*

Welcome



 **Speak up**

Through the Speak Up Class we provide the language, knowledge and tools to ensure that you will have a powerful voice in leading your own Person-Driven Plan and are not afraid to confront, to listen, and to see new possibilities for your future.

Recap: Last Week's Big Ideas



Open your workbook to the big ideas you wanted to remember from last week.

Take a moment to reflect and talk to those around you.



Why are We Creating a Person-Driven Plan?

*Some people want their
Person-Driven Plan to:*

- Increase opportunities for participation in the community
- Recognize individual desires, interests, and dreams
- Develop a plan to turn dreams into reality



DREAM

*How do you want to use
Person-Driven Planning to
change your life?*

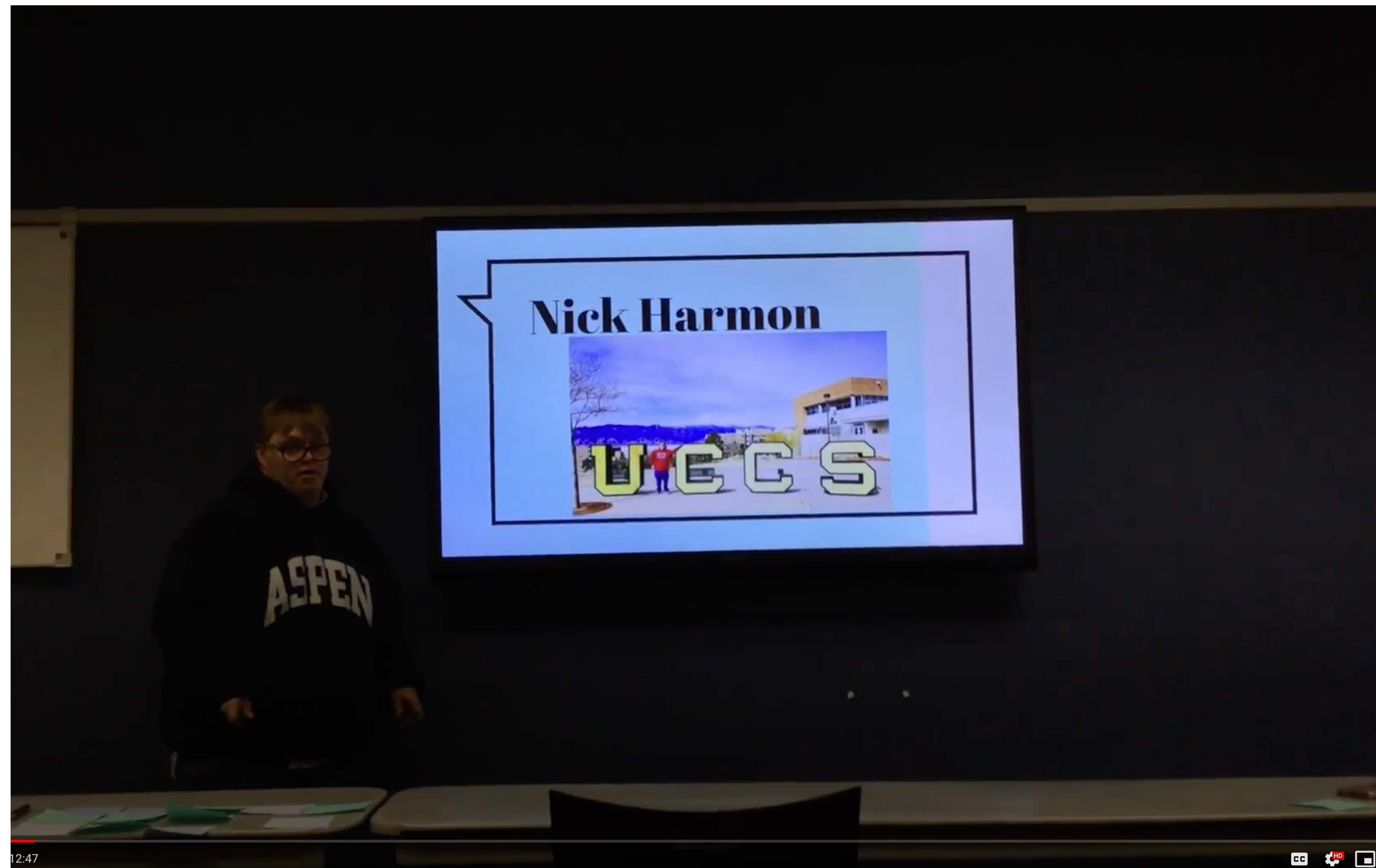
Drafting Your Person-Driven Plan



At the end of this class we will be presenting our Person-Driven Plans to each other to practice leading and to get feedback from our peers.

How do you want to share your plan?

- Powerpoint/Slideshow
- Graphic Organizer
- Poster Presentation
- Another way?



Video Link: <https://youtu.be/Fk2OxrGnbGE>



A Reminder of the Power of Leading your Own Life



Video Link: https://youtu.be/sOX3LWUD2_g

Questions to Get us Thinking:

- What makes a good day?
- What's working well in my life right now?
- What makes a bad day?
- What's not working well right now?
- What rituals and routines are important to me?
- Who are some important people in my life?
- What are important characteristics in people who support me?



Revisiting our Goals




Look back at the goals you created.

Revisit your dream board and think about how you want to put that into action.


Week 5
Creating Personal Goals

Goal #1

Goal #2



Goal #3

 speak up

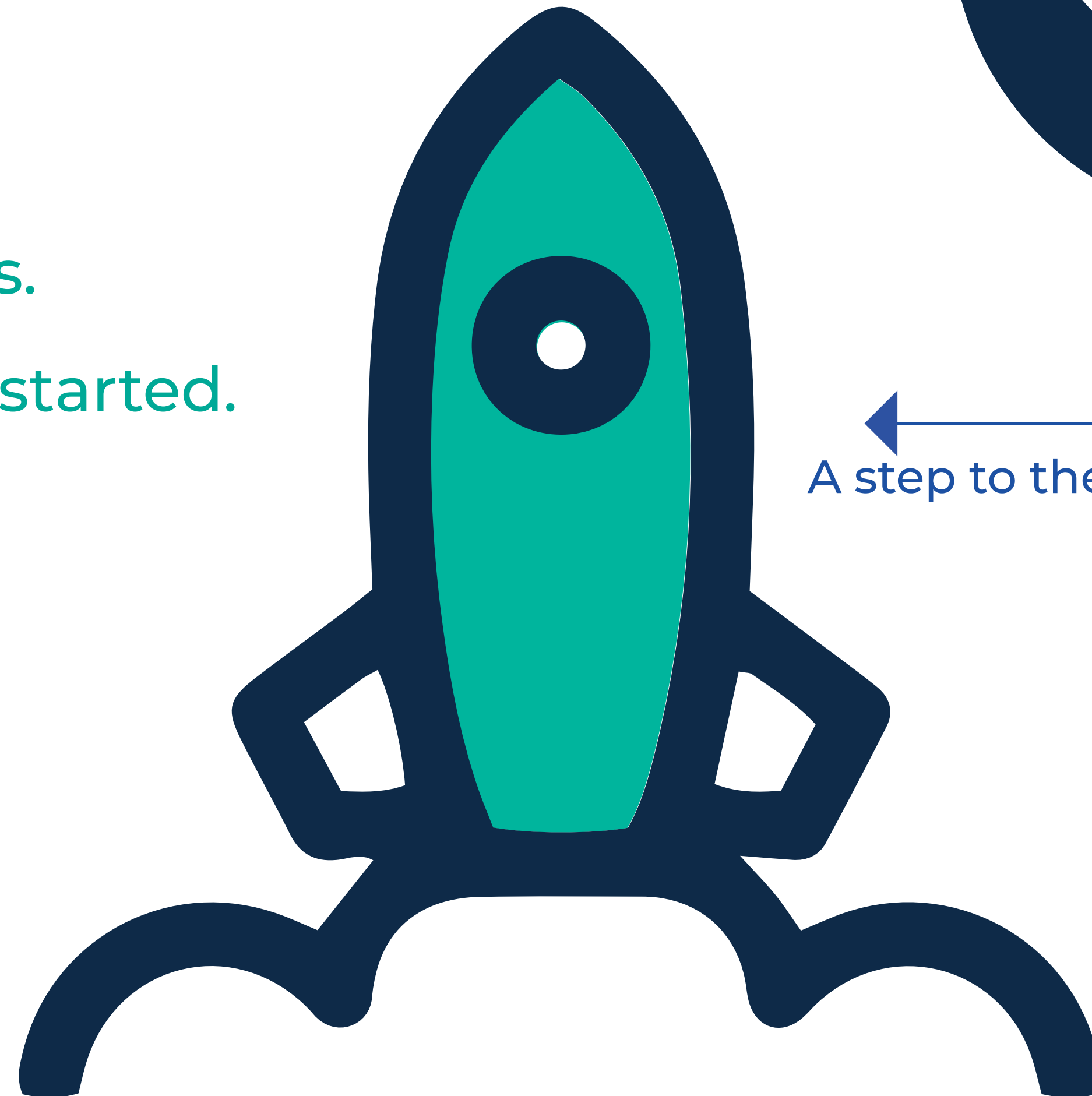
Let's Look at Some Examples of Goals That Were Accomplished

- Remember ADAPT wanted civil rights for people with disabilities.
- They had to choose an action to get started.
- They chose accessible buses.
- What actions did they take?
- What did they accomplish?
- Did this lead to civil rights for people with disabilities?
- What did achieving this goal mean to their efforts?

The Big Goal →
The commitment or purpose of the person or organization.



← *One Goal*
A step to the larger issue



What does accomplishing this one goal do to support work to help the larger issue?

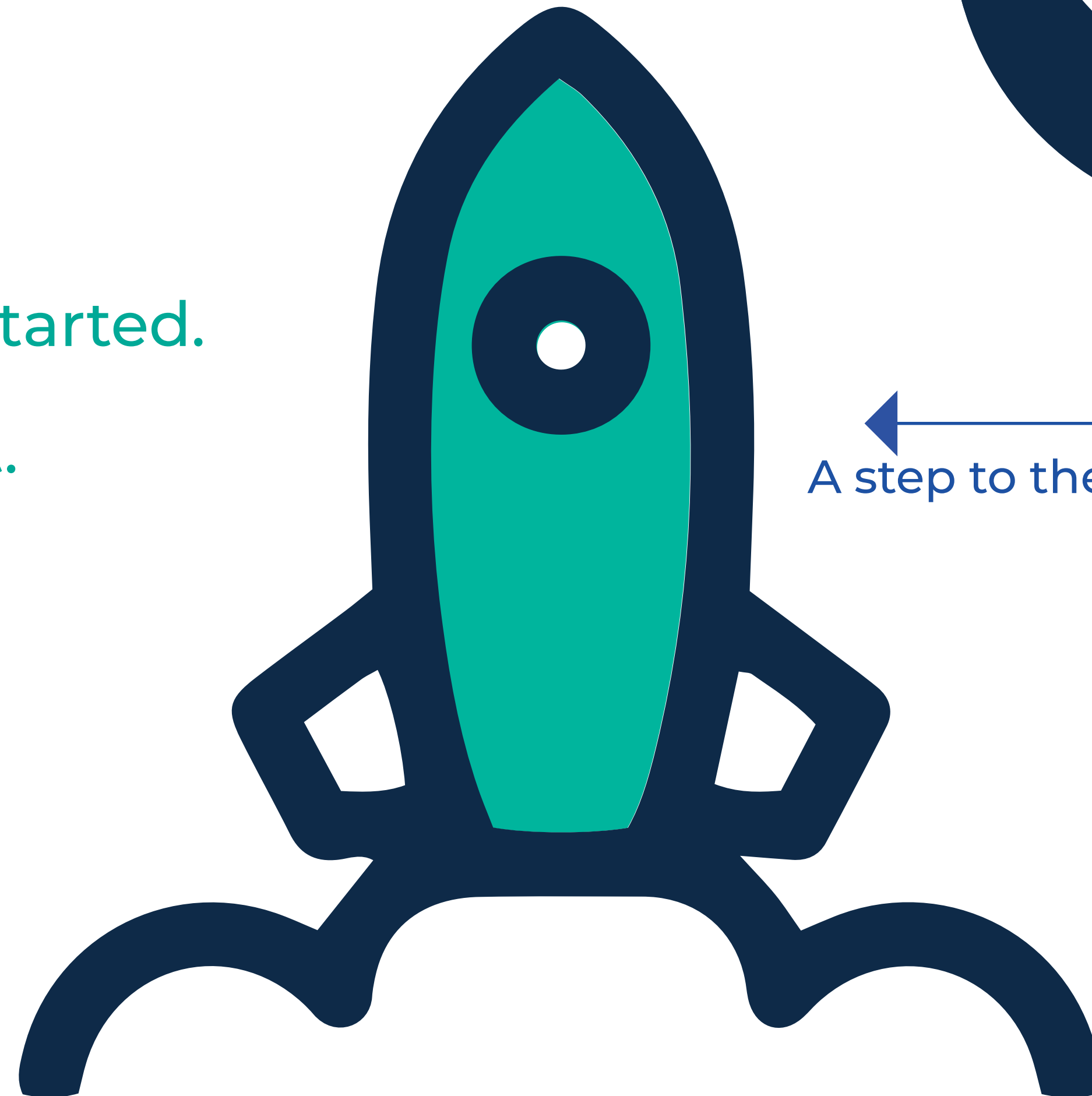
Let's Look at Some Examples of Goals That Were Accomplished

- Callie wanted to get healthy.
- She had to choose an action to get started.
- She chose going to see a nutritionist.
- What actions did she take?
- What did she accomplish?
- Did this lead to getting healthy?
- What did achieving this goal mean to her efforts?

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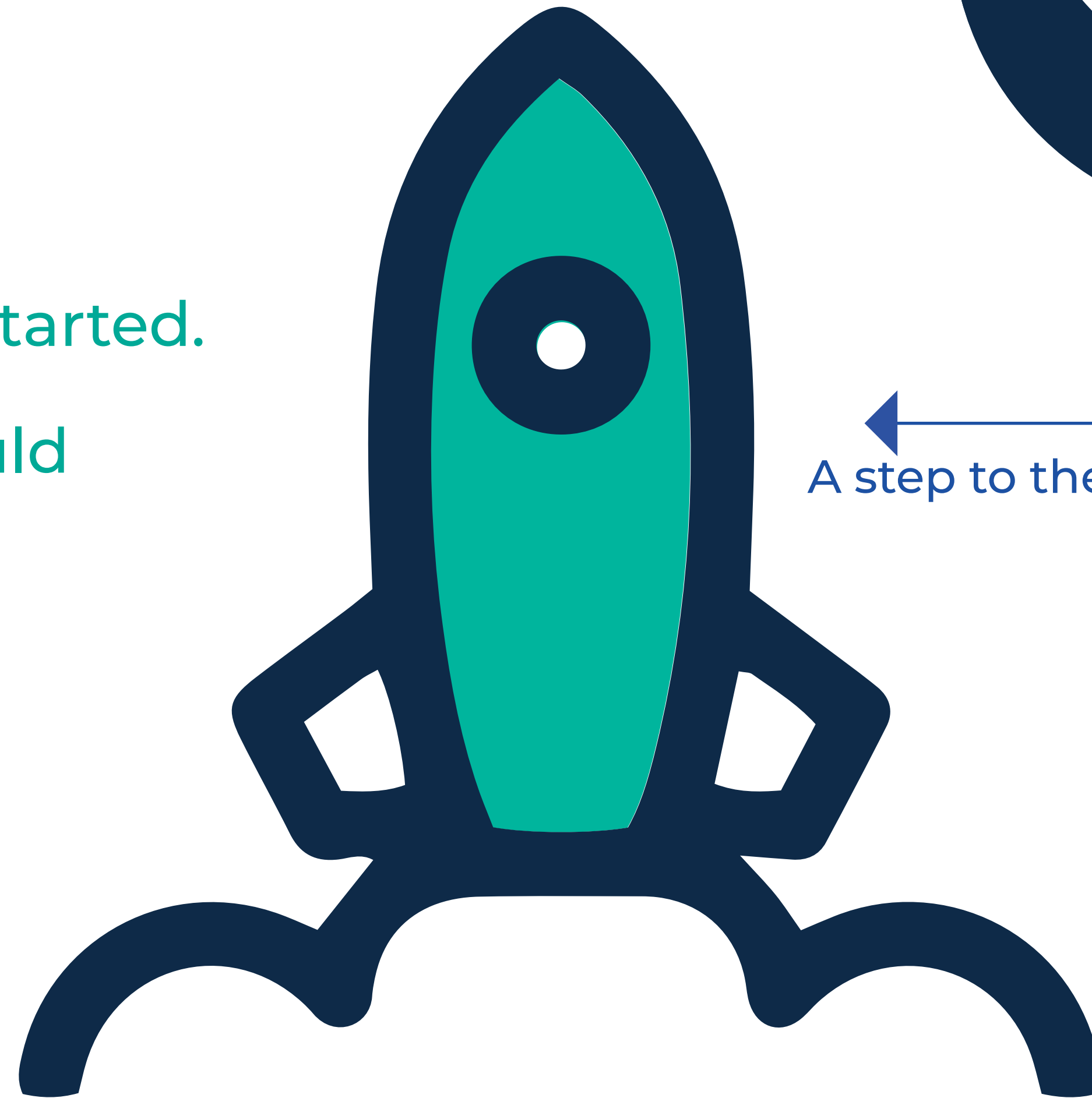
Let's Look at Some Examples of Goals That Were Accomplished

- Caitlin wanted to learn to drive.
- She had to choose an action to get started.
- She chose entering a study that would monitor and regulate her epilepsy.
- What actions did she take?
- What did she accomplish?
- Did this lead to driving?
- What did achieving this goal mean to her efforts?

The Big Goal →
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← *One Goal*
A step to the larger issue

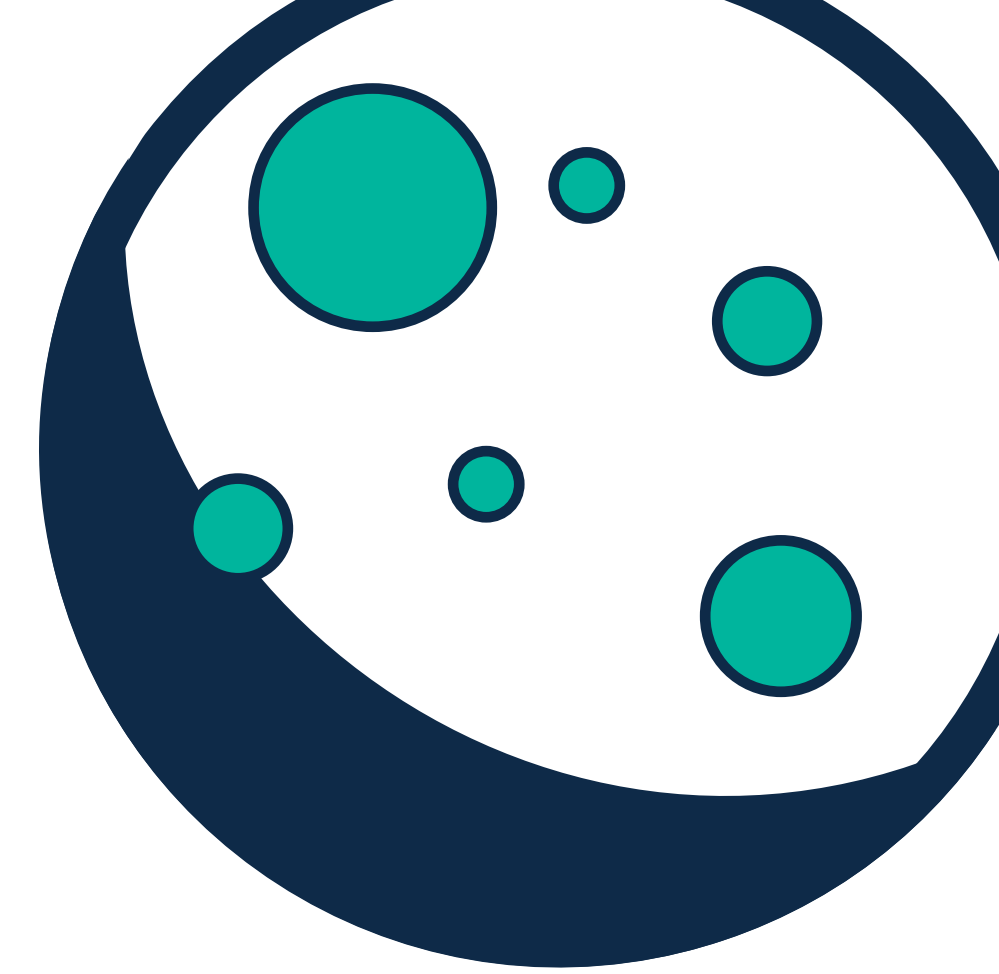


What does accomplishing this one goal do to support work to help the larger issue?

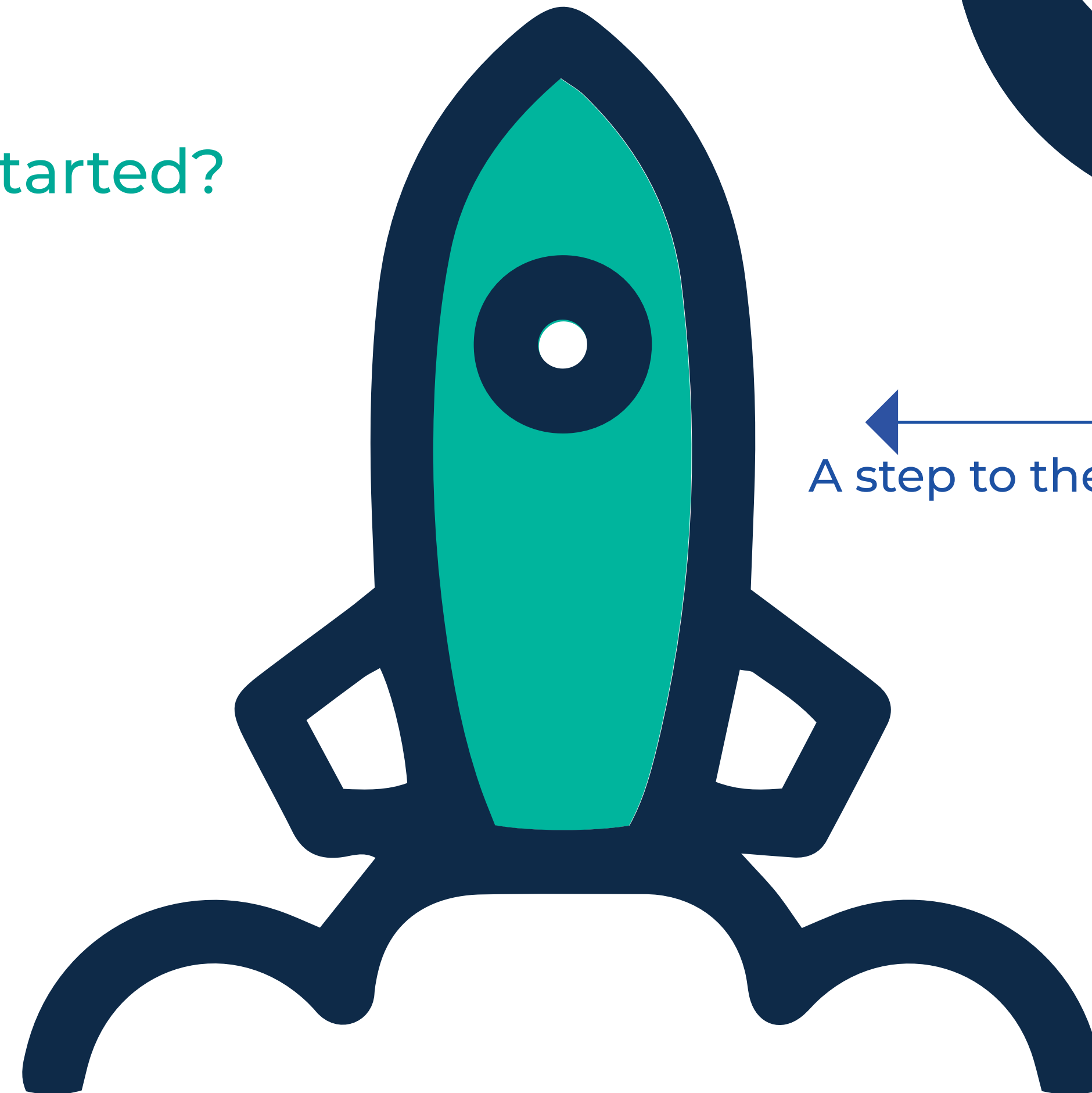
What are your Big Goals?

- What is a big goal you have?
- What action will you choose to get started?
- What actions will you take?
- What will you accomplish?
- What would this lead to?
- What would achieving this goal mean to your efforts?

The Big Goal →
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← *One Goal*
A step to the larger issue



What does accomplishing this one goal do to support work to help the larger issue?



Brainstorm what must be included in the Person-Driven Plan.

Use your workbook as a guide.

Start to put your ideas into the format you will present to the class.

Big Ideas From Today



What Do I Want to Remember?

Write at least three big ideas
in your workbook.

Add details that will help you
remember important information.

