# My NEXT plan preparation

It’s time to start thinking about your next Plan.

To help you prepare, there are some things you should think about before we meet. This will help you have your say over what goes into your plan.

Below are some questions to help you think about your plan. We will talk about these when we meet on [date and time of Plan Development meeting].

You can prepare for your planning meeting by:

* making notes after each question
* chatting with your family or someone who knows you well
* or, we can chat about your thoughts on these questions

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| Your name |
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### Reflecting on your goals and aspirations

In your previous plan you identified some long-term aspirations. These included:

* [insert your identified aspirations]

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| Are these things still important to you? Has anything changed in what you hope for in your future? |
| Your notes: |
| Attached is a summary of your goals from your last plan. Have a look through them and think about which ones you have achieved, and which ones you haven’t yet achieved. Are they something you’d like to keep working towards? Do you want to change them? |
| Your notes: |
| Even if you’d like to continue with a goal, try writing the goal in different words for the next plan. |
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| Is there anything stopping you from doing the things that you want to do? |
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### Reflecting on the services you’ve received

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| Over the past year you’ve had services from* [fill in services you are currently receiving]
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| What has been most helpful to you? What benefits have you had from these services? |
| Your notes: |
| Do you want to continue with any of these services and if so, why? – what are you wanting to achieve? |
| Your notes: |
| Are there any problems with these services? Is there anything stopping you fully engaging with any of these services or getting the most from the service?Are there services you think you don’t need anymore? |
| Your notes: |

### Reflecting on progress and strengths

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| What are some of the biggest changes you have seen in yourself and your abilities across the past year? |
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| Is there anything you’ve learned about yourself over the past year? Think about when you might have surprised yourself with what you achieved. Think about obstacles you managed or difficulties you experienced that you weren’t expecting. |
| Your notes: |
| Is there anything you’ve learned about the people around you – your family, your friends, your community - over the past year? Think about what support you get from them, what positive interactions you’ve had, or when connections and experiences have surprised you. |
| Your notes: |

### Setting new priorities

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| What's most important to you now? |
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| Given all you have going on now, what do you want to work on most? |
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| Where do you see yourself in 6 months’ time? |
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| Are there any new goals you’d like to add for the next 12 months?Think most about these five areas:1. Independence (independence from family; independence from support workers)
2. Work, work trials, work-related opportunities/activities
3. Health
4. Social life
5. Quality of Life – recreation/leisure; what motivates you to get up in the morning
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| Your notes: |
| A lot of your plans recently have focused on therapy and rehabilitation. Is there anything that you’d like to do/achieve that is just about having fun? Or about achieving a better quality of life? |
| Your notes: |
| Are you ready to look at volunteering or paid work? |
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| Has anything changed that will impact what you do or what you need to consider in your next Plan? E.g. – moving out of home, starting a new job, having a baby, loss of an important support person in your life? |
| Your notes: |

### Maximising independence

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| What has your case manager been doing for you that you are ready to do for yourself (with help from your support workers if relevant)? |
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| Is there anything you need to know, or need to do, to help you become more independent – from your case manager / from your family / from your support services? |
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### Questions

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| You may have some questions that you’d like to ask at your planning meeting. Note here any questions you’d like to discuss when you meet with your case manager to develop your plan: |
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