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person centred reviews

Most of the tools and templates in this practice guide are designed to help you to gather person centred information in the course of your every day work. Most of the tools can lead to immediate actions when people learn what needs to change and what needs to be maintained in the person's life. There comes a point though when it is helpful to gather people together to review existing information, and/or gather new information, and look at creating a plan for action that involves all the important people in the person's life.

Jade's review - explanation

Jade's Person Centred Review information is an example of bringing people together to help Jade reflect on her life, and see what changes she wanted to make. The Person Centred Reviews process that was used for Jade's meeting, is a way of ensuring that everyone has a chance to contribute, that everyone can clearly see the different information that has been recorded, and helps all involved to find priorities for action. The different meeting templates included in the practice guide have been designed to help you include elements of Person Centred Reviews in your meetings. However, if you wish to facilitate the full Person Centred Reviews process, you should first attend training with an accredited trainer.

What we like and admire about Jade

Creative very skilled at craft

Respectful

Good sense of humour

Good listener

Musical...good singer, dancer, flute, recorder, drums and piano player

Great smile

Good at writing poems

Generous

Caring of others

What's important to Jade now

Healthy relationships...friends, staff, family, opposite sex

Feeling appreciated and valued

Celebrating being out of Gaol for 1 year

Being respected and treated as an adult

Counselling (anti anxiety techniques)

I would like to go to...work

Have something to look forward to each day

Having a drink with friends at home..coffee or alcohol (feels safer at home than at a club)

What's important to Jade in the future

To stay out of Gaol

Stay out of trouble

Have a job

Managing \$\$\$ (not going through OPC)

Weight management plan...having an 'ideal', more ideas of how to lose weight

Mental wellbeing remains positive and healthy

Getting my mental health under control

Holiday in Tasmania (visiting family, going to Cadbury chocolate factory)

Do a beautician or massage course

To wear my bikini again with pride

Jade's Dreams

Numeracy and literacy

I would like to go back to Tafe to do a computer course

I would like to go back to Singing lessons

Get a singing book

Beautician

Get a job

Massage therapist

I would like to do Year 10

I would like to open a novelty cake shop called 'naughty but nice'

Who's Here

10/08/2010

Jade, Judy, Donna, Fran



What support and help does Jade need to stay healthy, safe and valued

Menu planning

Staff who will listen to Jade's words and actions about what is important to her

Accommodation, Medication, Finance

Positive re-inforcement from family, staff and friends

Health support...asthma, smoking, weight control, staying healthy, exercise

I get emotional around 'formal time' each year... I feel like I missed out on that

Be positive when I do lose weight. Know that I really want to and 'picking' on me doesn't help.

Questions to answer/Issues to resolve

DOH account? How many \$ owed to be able to get a housing property?

What do we need to do so Jade can manage her money and not be under Office of Protective Commissioner (OPC)?

Would the matching tool be helpful for Jade?

Could my 23rd be a formal party where everyone dresses up?

Is 'Tae Kwan Do' something Jade could do in the future? What would it take?

What will best help people to accept Jade for who she is NOW and not be stuck in the past?

What's working..Jade view

Going off Epilim

Understanding staff cant always drop everything to be there for me

Able to be flexible

Losing 2 kilos

Dr Byrne is helping with meds...choosing which staff to go to appts with

What's working...Family view

Coming up to 12 months out of gaol

What's working...staff view

Staying out of gaol

Maintaining friendships

Cooking

What's Not working..Jade' view

Having my meds 'dosed' out

Feeling 'like a kid' when getting my tabs

Having the OPC controlling my \$

Dr Byrne rudeness

What's Not working...Family view

When I get angry with my sisters and 'going off'

What's Not working...staff view

Managing weight

Support given by staff

Time...how spent with staff

Who's Here

10/08/2010

Jade, Judy, Donna, Fran



Who	Will Do What	By When
Jade and Mum	Look on the internet for air fares to Tassie (Mum's Flybuys) and phone Nan C (ask Mum).	14th Aug 2010
Jade and Judy	Contact OPC about getting funds approved to go ahead for Tassie. Find out when it will be possible.	20th Aug 2010
Jade and Judy	Will contact network manager about phoning Nan C about Tassie.	27th Aug 2010
Jade and Judy	Check in on how things are going with Tassie plans Follow up on dietician referral.	At IP meeting Sept
Jade and Judy	Text Jess about going to gym class at church next Tues/Jude call her.	11th Aug 2010
Jade	Find out how much Zumba class at The Bowlo and when it's on. Check out what's available at PCYC, Zumba, and Tai Chi. Talk with staff about what exercise ideas they have and who's interested - Anna?	11th Aug 2010
Fran	Find out if Molly (dog) is allowed in vehicle.	11th Aug 2010
Donna	Sit down together and create a realistic plan for losing weight.	11th Aug 2010
Judy	Develop one page profile as a new way to introduce Jade to people.	11th Aug 2010
Jade, Jude and Donna	Go to KYC at church on Monday night.	14th Aug 2010
Donna, Fran and Jade	Follow up what's happening with Tafe.	3rd Sept 2010

