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Lifestyle Planning Policy

Summary: The Lifestyle Planning Policy provides direction for supporting people with disability to have a lifestyle based on their own interests and aspirations.

A set of Guiding Principles in the Policy describe a person centred approach that puts the person and others who are important in the person's life at the centre of lifestyle planning activities.





Lifestyle Planning Policy

Document name	Lifestyle Planning Policy
Policy	Lifestyle Planning Policy
Version number	1.1
Approval date	March 2011
Policy manual	Lifestyle Policy and Practice Manual
Approved by	Chief Executive, ADHC
Summary	<p>The Lifestyle Planning Policy provides direction for supporting people with disability to have a lifestyle based on their own interests and aspirations.</p> <p>A set of Guiding Principles in the Policy describe a person centred approach that puts the person and others who are important in the person's life at the centre of lifestyle planning activities.</p>
Replaces document	Individual Planning Policy and Procedures, 2005 and Attachments 1 – 9
Authoring unit	Contemporary Residential Options Directorate
Applies to	People who are being supported in ADHC operated accommodation support services.
Review date	2015

Version control

The first and final version of a document is version 1.0.

The subsequent final version of the first revision of a document becomes version 1.1.

Each subsequent revision of the final document increases by 0.1, for example version 1.2, version 1.3 etc.

Revision history

Version	Amendment date	Amendment notes
V1.0		Replaces Individual Planning Policy and Procedures, amended May 2012
V1.1	February 2013	Formatted for Lifestyle Planning Policy and Practice Manual Outcomes of planning included under S1.4

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1 Policy and Principles

1.1 Introduction

Family and Community Services NSW, Ageing, Disability and Home Care (ADHC), is committed to pursuing the rights and principles of equality, independence, choice and inclusion that underpin a person-centred philosophy.

ADHC promotes the implementation of person-centred approaches to planning and practice to support people with disability to develop and maintain their skills and capacities, and to have a lifestyle based on their own interests and aspirations.

Over time the Lifestyle Planning Policy and Lifestyle Planning Guidelines will replace the 2005 Individual Planning Policy and Procedures and all its attachments that are currently applicable in supported accommodation services.

1.2 Purpose

The purpose of this Policy is to set out guiding person centred principles to lifestyle planning with people who use ADHC operated and funded services. These principles demonstrate a commitment to putting people with disabilities, their families and carers at the centre of decision making about how the specialist disability system supports them.

1.3 Guiding Principles

1.3.1 Person at the centre

The person with disability is central to planning and decision making that helps achieve her or his preferred lifestyle. The person chooses the level of participation in planning according to her or his preference and ability, and is encouraged and supported to have as much control as possible over the whole planning process.

1.3.2 Inclusion of others

In accordance with the person's wishes, family members, friends, significant others and other service providers are actively included in the planning process to support their ongoing involvement in the person's life, and to encourage and assist growth of the person's networks and community engagement.

1.3.3 Personal priorities and strengths

Planning is oriented towards the person's present and future priorities, and focuses on the person's abilities, interests, dreams and aspirations, and the supports required to realise them.

1.3.4 Considering culture

Planning takes into consideration the culture, language, religious beliefs and priorities of all people. Planning with a person is undertaken with regard to social customs and traditions, and the individual's own culture and beliefs.

1.3.5 Shared commitment

All those involved in planning with the person commit to changes that the person and those close to the person have agreed are needed to achieve a lifestyle of her or his choice.

1.3.6 Continuous process

Planning with the person at the centre is a continuous process of listening, learning and further action and is not a one-off event. It is based on the assumption that people with disability have futures, and that their aspirations will change and grow with their experiences.

1.3.7 Regular review

Plans are reviewed with the person at regular intervals to assess ongoing changes and learnings, and to ensure that planned activities are being achieved and are still relevant to the person's goals. As a minimum requirement plans are reviewed every year.

1.3.8 One person, one plan

Planning is coordinated across all domains of a person's life, including all specialist services being accessed, in so far as the person wants this to happen.

1.4 Application of Principles

The Policy's Guiding Principles in Section 1.3 are the basic mandatory requirements for ADHC operated and funded specialist disability support services when planning with the people they support.

The policy is supported by Lifestyle Planning Guidelines that can assist with applying the principles in a service delivery environment.

Many NGOs use person-centred planning approaches already, and employ their preferred planning methods. They are encouraged to use the Policy and Guidelines to assist them in establishing a person-centred approach in their organisations.

The Policy and Guidelines are mandatory for use when planning with people using ADHC operated services. Initial implementation will be with adults in ADHC operated accommodation support services only. (When planning with children and young people refer to the ADHC policy Individual Planning for Children and Young People living in Out-of-Home Placements.)

Every person entering an ADHC operated service will have a Lifestyle Plan developed within three months of entry to the service. The outcomes of planning are dependent on understanding the person's communication style and method, learning what things are important to and for the person, and acting on the information.

1.5 Legislation

The planning process is governed by the Disability Services Act, 1993 (the Act). The Objects of the Act require service providers to enable persons with disability to maximise their potential as citizens, and to increase their independence, employment opportunities and integration in the community. Person-centred approaches support the Objects of the Act by maintaining the person at the centre of lifestyle planning.

The United Nations' Convention on the Rights of Persons with Disabilities 2006 (the Convention) was ratified by Australia in 2008. The Convention operates under the principles of respect for the individual's dignity and autonomy by promoting the individual's freedom to make choices, to be an independent and effective participant in society, and to enjoy equality of opportunity. The person-centred principles contained in this Policy are in alignment with the principles of the Convention.