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HOPES and dreams - dreaming

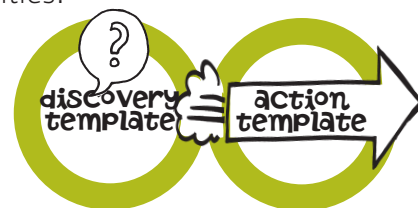
Having dreams for the future gives us something to work towards and look forward to. Dreams can help introduce new opportunities, rather than being caught in a pattern of doing the same things day in, day out. This tool offers a way to learn about what is important to someone in the future and helps the person and those around them to figure out the different steps needed to move towards their dreams.

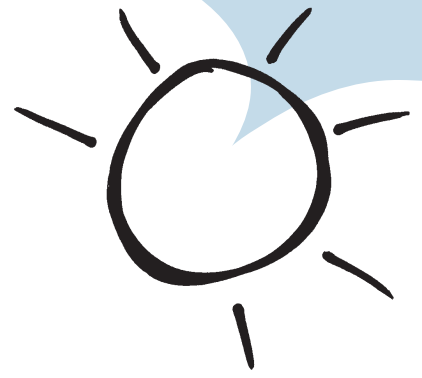
When planning with people, the dreaming tool can help supporters to get a better understanding of the person's hopes and dreams, and how to help them work towards parts of the dream that are especially important to them. Sometimes we need to learn more about the person's dream before we can move towards action. Often finding out more about what achieving the dream would look like or feel like to the person, can help others understand where to start in working towards it.

People often worry about 'setting people up to fail' when they begin listening to people's dreams for the future. While it's important to not make promises to the person that may not be possible, dismissing people's dreams as 'unrealistic' before fully exploring them can be just as damaging – it can take a lot of courage to share dreams with others. Some people will only be prepared to review their dreams once they have tried, and realised it may not be possible or has not lived up to their expectations. The dreaming tool should help people to think through how they can explore the reality of their dream before becoming too invested in it – looking at the places where the hopes and dreams make sense, and talking with others who could be involved, helps to break this down. Sometimes finding the places where the hope or dream makes sense is quite simple, (e.g. going to visit my sister in France – going to the travel agent for travel details, going to French restaurants, visiting or talking with others who have been to France), but often, people will need to think creatively to explore possibilities.

This information was developed by Helen Sanderson Associates (Australia) in 2011, for Ageing Disability and Home Care, Department of Human Services NSW, as a resource to support the Lifestyle Planning Practice Guide and Tools. Most of these tools are Person Centred Thinking tools, and were either developed by The Learning Community for Person Centred Practices, or Helen Sanderson Associates. They are used here with permission. We would like to thank the residents, family members and staff for their time and support in developing examples.

These instructions are not intended as a substitute for training. If you are using these tools for the first time and have not attended a Person Centred Thinking course, please seek support from a colleague or manager who has attended training.





tips

- 1 Ask the person what it would look like to them if they were living their dream. What would be happening and what would it feel like?
- 2 If it's something big, breaking it down and starting with the first small steps can make it feel more achievable and makes actions more likely to happen.
- 3 If the person can't tell us with their words, ask people who care about that person what a great future would be like for them. Then use learning logs to get a sense of what the person enjoys or doesn't enjoy about the things they are trying.
- 4 If the person is not sure what you mean when you ask about hopes and dreams, you can ask other questions like, "If you had a magic wand, what would you change about your life?" These questions can also be asked of others in the person's life if they are stuck.

discovery
template

action
template

What are we learning? (this part was looked at 3 months later)

Went to Jazz in the park with a staff member – Joseph loved being able to get out of his chair and listen to the music. He hummed along to the music and hummed all the way home.

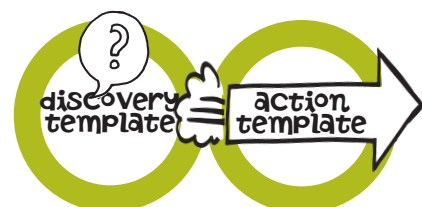
The music at the pub on Sat night was good but Joseph didn't like the crowds. He got anxious and upset, we had to leave early.

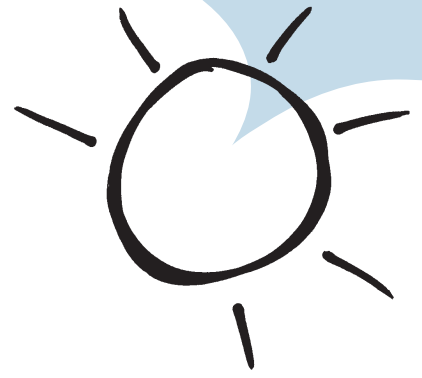
Sunday afternoon at the local pub worked – a little less crowded and not so many people jumping around. There was the opportunity to meet people too. We are going to try this again. It's also great because it's free.

HOPES and dreams - JOSEPH

Joseph is a young man in his 20's who has a passion for music. He loves listening to different CD's and enjoys being supported to play the drums in music therapy sessions.

Joseph went out with his housemates sometimes but because he could not tell people where he wanted to go, he often just went along with where the others wanted to go. Some people in his life felt that they wanted to explore different opportunities for him and used his love of music as a start.





What are my hopes and dreams?

Have the chance to listen to live music more often – Joseph really loves it on the rare occasions that he hears live music playing. It only happens a couple of times a year.

Where are the places that this makes sense?

Live music venues – the local pub has bands playing most nights of the week and every weekend.

Music concerts – something with drumming in it.

What are my resources?

We can use the internet to find information.

1:1 time every 3 weeks.

Mobility allowance to go towards cabs there, we might be able to use the van from day service.

Joseph doesn't spend much money so he should be able to afford some 'gigs' – he has a companion card so his support worker would get in free.

Who do I need to involve?

Belinda – coordinator at my day service.

Jo – house supervisor.

Richard – casual staff at home. He plays in a band so will have some good information.

Mum.

What are the first steps

Jo – talk to Richard about good places for live music and if he wants some extra work when he doesn't have a gig.

Belinda – look on the internet and in the gig guide. Look for live music that Joseph enjoys and use learning logs to capture which gigs Joseph does or does not enjoy.

Jo – talk to mum about getting a little bit of extra money to pay for going out.

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