Sense International India

Personal Future Planning (PFP)

Introduction

Personal Future Planning (PFP) is a tool that allows to develop opportunities for persons with Deafblindness (PwDb) as per their needs and requirements. It is a free exploration of the future options barriers that may come in way to reach the goal. This plan is based on the group i.e. Parents, family members, caregivers, teachers, medical and paramedical professionals, community and all the people involved in the child's life. It is also a problem solving plan wherein allowing and providing an action plan that ensure the child's dreams through mutual support from all the team members, moreover strive towards the dreams with all the team members involvement.

This plan will bring out the focused person's gifts, skills, talents, strengths and challenges that he/she may or may not have. PFP focuses on bringing out positive traits of an individual rather than ones limitations.

Person responsible for designing

At least one family member, special educator, field worker/CBR worker, and most importantly, the focused person with deafblindness.

Process of Mapping

- Group discussion/ interview; set a convenient timing for everyone
- Select a place for the discussion
- Stationaries/ materials such as pencil, colored pens, chart papers, notebook.
- Allot responsibilities among two people- Facilitator & a recorder

Content of PFP

***1. Background Map*:** Details of the focused person and what has happened to him/her from birth till now.

- Name:
- Age:
- D.O.B:
- Developmental stages/ Mile stones:

E.g. He learnt to sit at the age of 3 years- Learnt to walk at the age of 6 years, at 4 years of age spoke the first word, lost his/her residual vision at 7 years etc., All the happy ones need to be written with green colour and with some happy emoji, all the sad/unhappy happenings should be written with red and with some unhappy emoji.

E.g. Baby was born at Government/private Hospital- Caesarian delivery – Baby was pale blue in color- he was given oxygen as soon as he was born- Admitted and gone through medical treatment for 3 months. Etc.

2. ***SNOW Chart:*** Focused person Strength, Needs, Opportunities and Worry/ies (SNOW) needs to be listed down, as this will be helpful in planning and coming out with a realistic plan.

3. Relationship Map: Who are all involved in the life of the focused person need to be listed out. The focused person has to be in the center and the closest person next to the focused person and similarly all other peoples.

4. Places Map**:** Add where the focused person has visited or been to and where he/she would visit the upcoming days or in future.

5. Preferences Map**:** List out all the preferred objects, food to eat, person or potential of the focused person. The things which he/she enjoyed or interests. And also the limitation in different column.

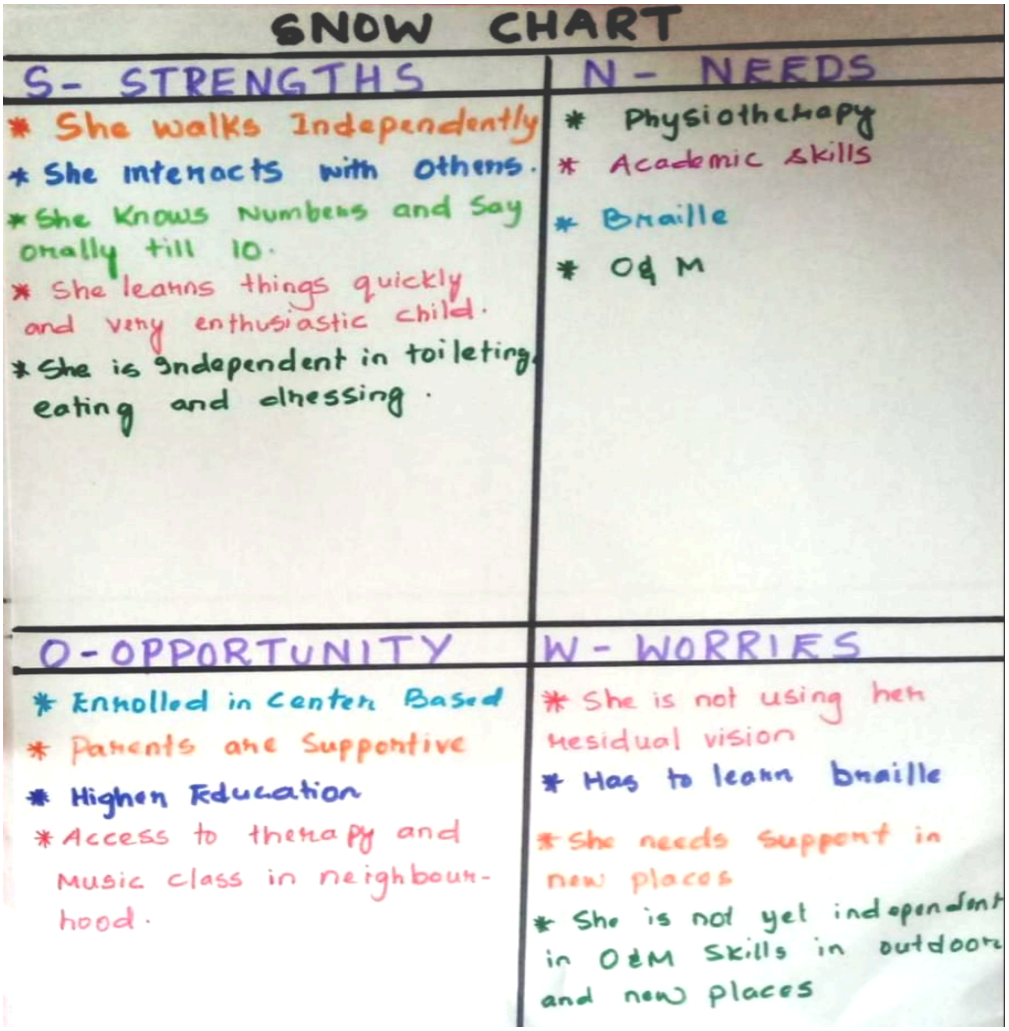
6. Dreams Map**:** List out all the dreams of the team or the desires for the future of the focused person. Mostly this will provide opportunity to parents to dream; fulfill and make the parents dream realistic in the life of PwDb.

7. Communication Map**:** List out when child communicates, preferred mode of communication, where does he/she communicate.

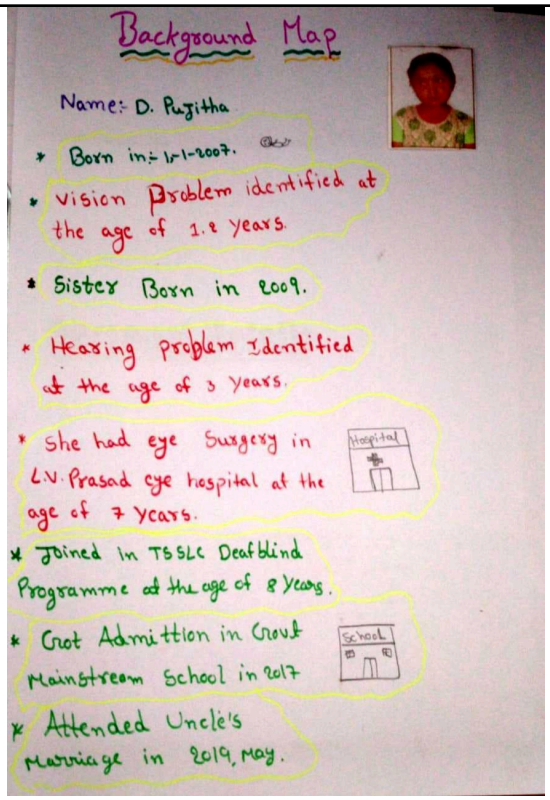
Guidelines

Do's	Don'ts
Write exact information received	Interrupt conversation
Make the conversation friendly	Give unnecessary commands
Come out having an action plan	Give judgements
Value team's contribution	Criticizing other's input
Be optimistic	Rushing the process
Make it as an ongoing process	Giving a long break/gap in between
Write it using simple language	Use jargons
Use pictures, make it attractive	Clutter
Use good colour contrast of paper and colour of print or picture	Making it Monotonous
Clear and readable handwriting	Illegible
Readable size and font	Small size and designed font

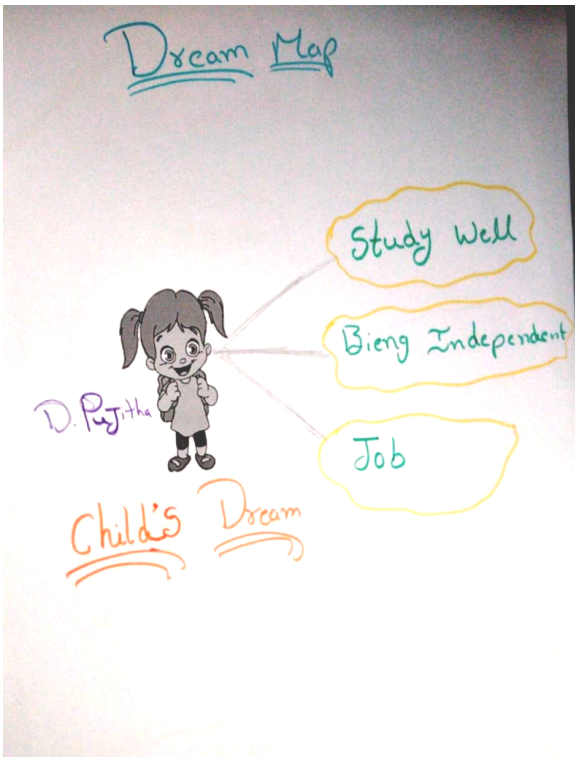
Sample SNOW Chart:

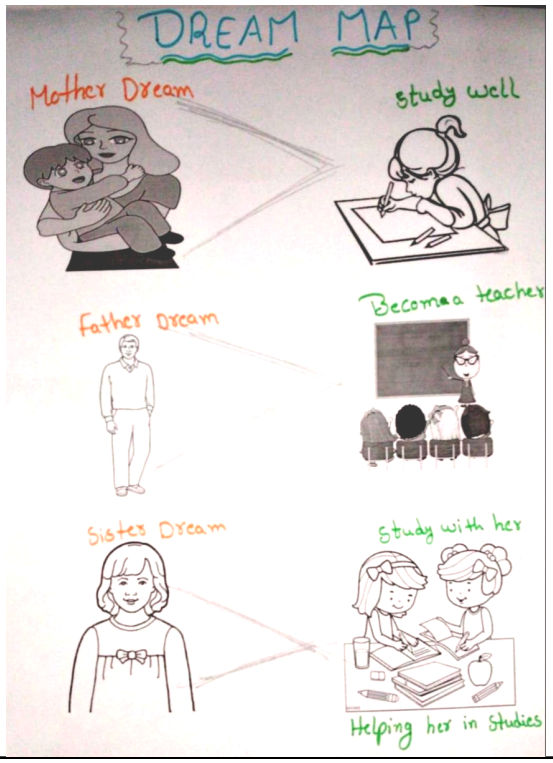


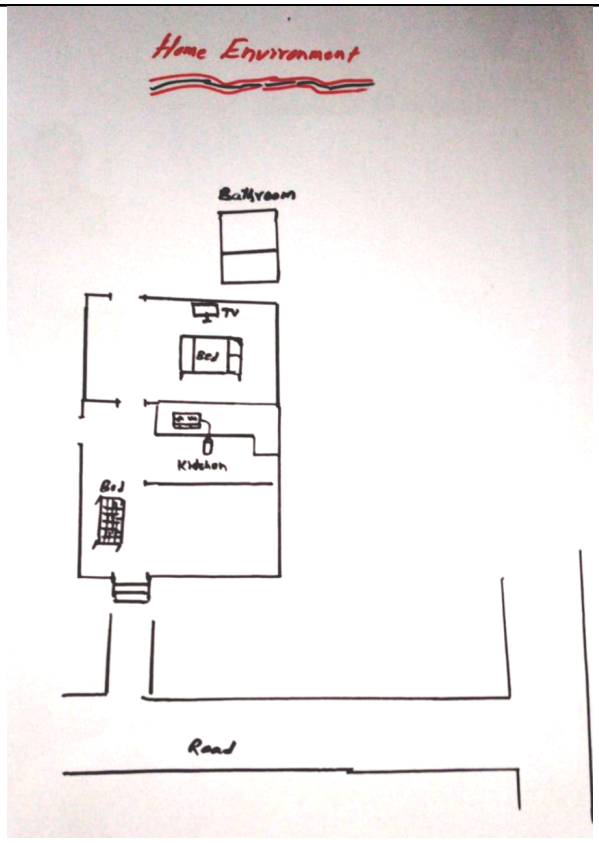
Sample PFP

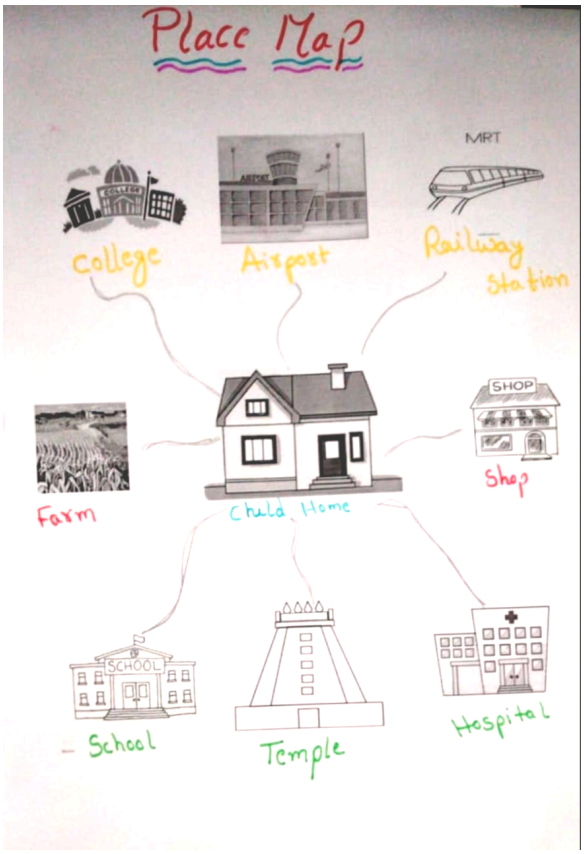

Background Map
Name:- D. Pujitha
* Born in:- 1-1-2007.
* Vision Problem identified at the age of 1.8 years.
* Sister Born in 2009.
* Hearing problem Identified at the age of 3 years.
* She had eye Surgery in L.V. Prasad eye hospital at the age of 7 years.
* Joined in TSSLC Deafblind Programme at the age of 8 years.
* Got Admittion in Govt Mainstream School in 2017
* Attended Uncle's Marriage in 2019, May.
Hospital
School


Relationship Map
Shop keeper
friends
Relatives
Grand Mother
Neighbors
Auto Driver
Special Educator
Sister
Mother
Father
Doctors
Grand father
Therapist
Priest


Dream Map
Study Well
Being Independent
Job
D. Pujitha
Child's Dream


DREAM MAP
Mother Dream
Study well
Father Dream
Becomea teacher
Sister Dream
Study with her
Helping her in Studies


Home Environment
Bathroom
TV
Bed
Kitchen
Bed
Road


Place Map
MRT
College
Airport
Railway station
SHOP
Farm
Child Home
Shop
SCHOOL
School
Temple
Hospital

Preference Map.

Strength

* She can see the closest things
* She can walk Indipendently
* Indipendent in ADL Skills.
* She Can able to understand simple Signs.
* She can able to follow simple commands
* She can able to Interact with the familiar persons.
* She can able to operate Mobile. to open youtube.

Limitation

* She cannot see the far things
* She has a profound Hearing loss
* She don't like to Communicate with unfamiliar persons.
* She don't like to go out side from the home.

Communication Map

Pujitha Communicates when she feels

Hungry  Signing

Happy 

Sad 

She Communicate by using local Sign language & Gestures

She Communicates at.

School 

Home 

Communicate with.

Mother 

father 

Sister 

Teacher 