

Person Centered Planning Guidance

Determine TO/FOR Domains

Important TO domain:

- Activities, people, places or things an individual indicates they like or is important for their lives are the important issues here. The individual will let us know with their own words and actions.
- For individuals without words, preferences will be evident by where they spend their time or show any interest.

Important FOR domain:

- Issues of health and safety are the most critical issues to list and consider here. This includes procedures and restrictions needed in an individual's life. These particular issues will be ones the individual is uncooperative with.
- It also can include issues important to assist the individual to be a valued, participating member in his/her community.

Balance between Important TO and Important FOR:

- “Balance” is the relationship developed between the “TO” and “FOR” domains.
- Too much TO: An individual's life includes only important “TO” them with no regard toward their health or safety needs results in decreased quality of life due to increased medical complications, unfortunate incidents, and/or accidents.
- Too much FOR: An individual's life includes only those things important “FOR” them with no regard toward favorite activities, people, places, or things results in undue control by others, limited personal control, and endless restrictions.

Conflict=Imbalance

Strategies for identifying important to/for

- Make a list of what is important to the individual
- Health and safety: Make a list of what is important for health and safety.
- Review and determine where imbalances occur in regard to health and safety.
- Quality of Life: Make a list of what is important for quality of life as a whole.
- Review and determine where imbalances occur in regard to quality of life.
- Note: there may not *always* be a significant or identified imbalance.



TO/FOR Case Study: SA, 62 years, Assisted Living, Alzheimer's; History: walked with friend 2-3 miles a day, over last 20+ years.

- Behavior # 1: While walking independently out in the community, SA has approached strangers and informed them that she is lost and not sure where she is supposed to go. This behavior occurred an average of 3x per month, and SA has remained missing for up to 6 hours past the time she typically returns home.
- Behavior #2: Running in hallways from point A to B. This behavior occurs daily and has resulted in two falls within the last six months.
- Behavior #3: SA will exit out emergency exit doors that are not monitored by front desk staff with a sign in/out form. The exact frequency of this behavior is unknown at this time; however, staff observed this behavior occur 2x within the last month.

To	For
Walking-daily	Staff are aware of her whereabouts
Exercise-run	
Independent	
Calendar of Upcoming events	



SA is maintaining her daily exercise, and is aware of the concern other's have about her safety. Behavior #3 occurred as a result of the fear that others would restrict her access to an activity she greatly enjoys.



Health and safety

- supports lacking to ensure SA's safety in the community
- the scale *can* swing to the opposite side

