**Here's an outline to begin thinking about setting up a MAP – MAKING ACTION PLANS:**

* WHO IS THIS PERSON? (Often referred to as the focus individual)
	+ Who needs to be involved in the meeting: Consider family, friends, neighbors, co-workers, employers/employees, etc. The individual who is the focus for the Plan needs to make these decisions, with as much support as they would like.
* WHAT’S THEIR STORY, THEIR HISTORY?
	+ How did they get to the present point in their lives? The good, the bad, the interesting, the relationships, the community should be highlighted in thinking about planning for the future.
* WHAT ARE THEIR DREAMS, GOALS?
	+ These should be included without judgment, without restriction, without censoring; everyone has dreams and goals of what they'd like to do, where they'd like to go, who they'd like to meet; we need to explore these and what contributes to the dreams that will make a difference in this person's life.
* WHAT ARE THEIR NIGHTMARES, FEARS?
	+ Sometimes it's just as useful to find out what the worst case scenario is from this individual's perspective. Is it moving into the community? Is it not moving into the community? Is it being alone? We can't begin to guess, but it's essential to know before planning the next steps.
* WHAT ARE THEIR STRENGTHS, GIFTS, TALENTS?
	+ We all have these, some may not be as obvious. Often the person who is the focus for the plan is surprised to hear about their strengths, gifts, and talents as noticed by their family and friends. This can be a gift in itself!
* WHAT’S WORKING, WHAT’S NOT?
	+ This may include activities, supports, relationships, access to different environments. It's important to identify and describe both dimensions in order to build on the positives and address the negatives.
* HOW DO WE START?
	+ Who's willing to step up? Get commitments from participants and from the focus individual as to:
		- WHO NEEDS TO BE INVOLVED?
		- WHO IS WILLING TO BE INVOLVED?
		- WHAT DO WE DO FIRST? BY WHEN?
		- WHO WILL TRACK THE PROGRESS?
* AND THEN WHAT? HOW DO TAKE THE FIRST STEPS?

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