

# Deciding Together Guide

Step 1



GOALS

ISSUES

Step 2



THINK CREATIVELY

Step 3



WEIGH THE OPTIONS

Step 4



DEVELOP THE PLAN TOGETHER

Step 5



EVALUATE EFFECTIVENESS

## What is Deciding Together?

A step-by-step guide to decision-making as the team develops the supports plan with your family.

## What is the guide for?

To make the decision-making process transparent—clear and open—to everyone.

To ensure the voice of families and youth as equal partners at every step.

To use the expertise of every member of your supports team.

To promote the goal of every child living their best life.

## How does it work?

The planning discussion starts wherever you're at—with your concerns and/or with your hopes and goals.

Your child's views matter, too—especially for older children and youth.

You might have something challenging or stressful you want to work on, or perhaps you have an upcoming change you want to prepare for—like your child changing schools or preparing to become a young adult.

Team members will seek to understand your child and family and situation. Outcomes might include things such as feeling comfortable that your child will know how to be safe when walking in the community or finding a way to let go of stress and take care of yourself, so that you can return home energized or relaxed. Once goals and outcomes are clear, the rest of the steps guide the team through creative thinking and planning.

Everyone on the team has expertise and can be helpful to develop the best plan. By combining the knowledge that you have as the expert with the most knowledge about your child, along with the information your service coordinator has about available community supports and services, you are able to develop a unique plan that best matches your family.

As a team, everyone takes part in a guided conversation through the steps to develop the support plan.

## Get Ready for a Lot of Questions! You'll be Asked Questions, Such As:

What's going well? What could be improved? What results would you like to see? What would success look like? What makes your child smile? What does your child enjoy? What types of activities do you and your family enjoy? What kinds of opportunities do you want for your child, yourself, and your family? What are your family traditions, beliefs, or preferences? What changes are coming up for your family? What are your worries about trying something new? Are there family members or neighbors who are interested in having a bigger role in your child's life? Feel free to ask questions of your own.

## Every Child Lives Their Best Life

The supports and services needed to assist your child and family will likely change over time. Plans need to adapt and change as a child and family's lives change, so this decision-making process is intended to be repeated at least every year and more often when needed. The goal of the Deciding Together Guide is to develop an individualized support plan for your family to help your child to live their best possible life now and into the future.