
Tō Oranga Pai

Living Well Plan

Tō Oranga Pai | Living Well Plan is about you and your goals to live a good life. A good life means different things to different people. It might mean having more support in your home, getting out more, having a place to live where your needs are met and you feel safe, finding a job, staying in school, or making more friends.

The plan is yours, created by you and anyone you choose to help you (whānau / family, friends, a caregiver, disability organisation). Our team at Your Way | Kia Roha Connections & Funding can be involved in your plan, or you can complete it yourself.

Our role is to help you achieve your plan. If you create your own plan, contact us and we can talk to you about the next steps. If we create the plan with you, we may talk about the next steps while you plan.

Remember, you only need to share what you want to share, but the more our team knows about you, the easier it will be to connect you to the right support, resources, equipment, or information you need.

Ideas to Help You Plan

In the plan are ideas that may help you think about what a good life means for you/your whānau. These ideas can help you to:

- › focus on what your life can be like with the right support. Support might be people, equipment, or information
- › identify what you need so we can connect you with the right support,
- › decide what you want from disability services, and when and how you want them to be in your life
- › know what you do and who to contact if your life changes
- › know what is most important to you. Sometimes there isn't enough funding to achieve all your goals at once. Some goals don't need funding to happen but may involve new people and organisations.

Who does this plan belong to?

First name/s

Type your answer here:

Who is involved in developing this plan?

The people in my life e.g. whānau/family, friends, support services etc (their names and role in my life).

Type your answer here:



Taku Kōrero | My Story

Who am I and what is important to me?

Here are some things to think about:

- › What makes me who I am?
- › What makes me happy?
- › What is working well for me?
- › How do I like to spend my time (during the day, and in the evening?)
- › What are my hopes and dreams for my life?

Type your answer here and on the following page:

What needs to change, if anything, to help me live a good life?

Here are some things to think about:

- › What would I like to do more of?
- › What stops me from doing these things?
- › What's not working well and needs to change?
- › What would help me to make the changes I want?
- › What makes me feel unsafe (at home, school or in the community)?
- › What would make me feel safer?
- › What are the most important needs if I can't have everything I want?
- › Who can help me make changes if I need help?
- › If I need support, do I want to arrange these or have some help?

Type your answer here:

Goals can help you decide what is most important to you. Including goals helps Your Way | Kia Roha team members identify how best to support you and understand what is most important to do first.

Goals I would like to achieve and when:

Type your answer here:



Ngā mahi ka whai ake | Next Steps

When and how should the Connections & Funding team check with me about my plan?

Type your answer here:

How best to contact me?

Type your answer here:

I have completed this plan or contributed to the plan.

I agree that the information is correct.

I agree Your Way | Kia Roha can share information from the plan to help me achieve my goals.

Name

Type your answer here:

Signature

Type your answer here:

Date

Type your answer here:

Use this section to update goals at your next review/plan update with Your Way I Kia Roha

Goals can help you decide what is most important to you. Including goals helps Your Way I Kia Roha team members identify how best to support you and understand what is most important to do first.

Goals I would like to achieve and when:

Type your answer here:

Name

Type your answer here:

Date

Type your answer here: