

## THE QUALITY NEWS

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.

Margaret Meade

### Person Centered Planning & Thinking Hopes and Dreams

For our last issue of the year, we are presenting the Person Centered Tool, Hopes and Dreams. This tool offers a way to learn what is important to the person about their future and discover the direction that they want their life to go in. It makes it more likely the necessary steps to move closer to the home or dream will be taken. This tool can help us learn what motivates a person, open up new options and possibilities—both large and small!



#### Helping others to use this tool:

Ask the team to think about the person they support and have a connection with who may want to do some work around exploring their hopes and dreams. Think about: Where are the places these hopes and dreams make sense; Who are the people you need to involve and would be interested; What resources are needed to get closer to the hopes and dreams; What are the next steps/actions.

#### Benefits to the person:

Helps people to think about their future dreams and how to begin moving towards them; Having a dream as a possibility gives us a part of our reason for living; Enables others to understand the importance of a dream and work towards the parts of the dream that are important.

#### Sharing it with the person:

Be clear the hope or dream may be something simple or small; ask questions: What gives direction to your life; what kinds of relationships do you want in your life; which places would you like to visit; what new things would you like to try.

#### Benefits for the staff and organization:

Brings people together around a common purpose; Inspires people and those who know and care about them; Ensures staff do not diminish the importance of a person's dream or their ability to achieve it; Supports an active learning culture.

Identifying hopes and dreams include identifying opportunities which encourage friendships, building community connections and describing experiences in their life that the individual wants to grow and increase.

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#### Therap Tips!

##### Dashboard View

There are two ways to view Therap. One is called "FirstPage" (yes, it is all one word) and the second is called the "Dashboard". The Dashboard is basically an alternative way to view Therap opposed to the "FirstPage" view.

Have you tried the "Dashboard" view? I was forever a "FirstPager" and then I noticed at a recent Therap conference that the Therap staff prefer the Dashboard view. I thought I would give it a try, see what all the fuss is about...and actually, I found that I prefer the Dashboard much better! Now I see why, visually, the modules are easier to find and use.

How do I do it? On the top right hand side of your "FirstPage" immediately under "My Issues", you will find the Dashboard. Click on the *Switch Back* link (You can always switch back to the FirstPage look if that is more your preference.) It is so simple to switch back and forth between the two views, there is no reason no to try it out!

The right hand panel offers features that you need to access on a daily basis such as Secure Communications, T-Tasks, Classes (My Trainings) and Appointments.

The modules that you saw on the FirstPage are now divided into tabs arranged vertically with options like To Do (your work list and counts); Individual tab (Individual care, health tracking, employment and finance modules); Health (health tracking); Individual Home (all Individuals that you have access to) and Settings (your profile, password, etc.) The tabs help categorize the Therap modules according to the type of functions they serve for you.

When you use the Dashboard, there is a different user experience offered...for example your To Do list clears out as you complete your work. It is a more organized way of using Therap! Try the Dashboard view today!

Do you have a Therap tip or question? We want to hear from you...email your tips or questions to:

[lisai@thearcofsomerset.org](mailto:lisai@thearcofsomerset.org)

We are currently using:  
Therap Version: Version: 9.0.4

#### What's On The Training Board?

- ◆ Did you know that trainings offered at the Elizabeth M. Boggs Center are free to all individuals we support, Arc employees and family members as well? Please visit their site: <http://rwjms.umdj.edu/boggscenter/> and on the left hand side choose Training Opportunities. There are exciting trainings to choose from — please register today!