

Discovery, Exploring, and Planning

Different Steps. A Connected Journey. A Brighter Future.



DISCOVERY

Getting to Stow the Whole Person

Discovery is about learning and understanding the person. It focuses on who they are, what is important to them, what they like and don't like, their strengths, experiences, and the people and things that matter in their life.

Key Questions

- Who is the person?
- What is important to them?
- What are their strengths and talents?
- What works well (and what doesn't)?
- What support do they need?
- Who are the important people in their life?

EXPLORING

Looking at Possibilities

Exploring is about building on what we learn during discovery to look at options, possibilities, and opportunities. It helps the person try new things, learn about different choices, and see what might be a good fit for their future.

Key Questions

- What options or opportunities are available?
- What would the person like to try or learn more about?
- What are the possible good things and challenges?
- What supports might be needed to explore these options?
- What can we learn from these experiences?

PLANNING

Turning Possibilities into a Path Forward

Planning is about taking what we've learned and decided is important and creating a plan for the future. It focuses on setting goals, choosing strategies, and identifying the supports and resources needed to make it happen.

Key Questions

- What do we want to achieve?
- What steps will we take?
- Who will be involved?
- What supports and resources are needed?
- What is the timeline?
- How will we know it's working?
- How will we adjust along the way?

AT A GLANCE

	DISCOVERY	EXPLORING	PLANNING
Focus	Understanding the person	Looking at possibilities	Creating a path forward
Purpose	Learn about who the person is and what matters	Consider options and try new things	Turn ideas into an action plan
What it Looks Like	Conversations, listening, gathering information, learning from experiences	Research, visiting, experiencing, asking questions	Setting goals, identifying steps and supports
Outcome	A clear picture of the person's strengths, needs, preferences, and supports	A better understanding of what might be a good fit	A plan with clear goals, actions, and supports

REFLECT

1. What have I learned about the person through discovery? _____
2. What are some options or possibilities to explore? _____
3. What goals or next steps feel important for planning? _____

KEY TAKEAWAYS

1. How does discovery help the person? _____
2. Why is exploring important? _____
3. How does planning support a brighter future? _____
4. What is one thing I will do next? _____