



What goes in a plan?

Planning is thinking about what you want to achieve and working out how to do that.

We all plan to make things happen. Sometimes planning is done quite naturally, talking things over with friends or just thinking in a planning kind of way. Many people with disability and their families have created good lives for themselves or their family member by planning instinctively in this way; making decisions every day to achieve the life they want to live.

Planning can also be done in a more formal, practical way by working through a series of steps to help you think more clearly. Part of this process is writing or drawing the ideas that you have as a way of recording your goals and how they will be achieved.

Click on the following links for more ideas to help your planning.

- [Where to start](#): ideas to help you get started
- [Imagining possibilities](#): planning for a good life is about more than having your basic needs met
- [Creating a plan](#): ideas for creating a plan in a format that makes sense to you
- [Effective planning](#): how to focus your planning to make it more effective

 