



Part IV

“Creating a Family Plan of Action”

Seminar # 22

Elements of a Family Plan of Action



Issues the Family Faces

Developing a Family Strategy

Family Strategy: Planning is about assessing what's likely to change?

This strategy will include the behavior and known issues which are likely to present in the next stage.

1. Changes to Expect with Your Family Member or Friend?

a. Now:

b. Future:

2. Currently used family Strategies?

a. Future:

3. Your Role and How you will Cope in the next stage

a. Now:

b. Future:

4. Orientation, What Change to Expect

a. Now:

b. Future:

5. The loved one's communication and language changes to expect

a. Now:

b. Future:

6. Independence and Basic Care

a. Now:

b. Future:

7. Travel and Movement

a. Now:

b. Future:

8. Finances and Shopping

a. Now:

9. Managing Medication

a. Now:

b. Future:

10. Reasonable Housing

a. Now:

b. Future:

11. Work and Leisure

a. Now:

b. Future:

12. Summary of Information About This Level Change

a. Now:

b. Future:



An Obstacle is the time it takes for a family to meet.

Family Initial Meeting

Strengthening the family bond can prove to be challenging even for the most dedicated parents. One of the best tools to achieve this goal is holding a family meeting. This has proven to be one of the most effective in bonding families and can create greater harmony and with more depth and connection with those they love.

The goal of the family meeting is to help you communicate better, bring everyone closer together, and to have some fun. Here are some simple guidelines to help you get started. Remember that all families are different and not every step is exactly right for yours, so be creative and add to these guidelines when necessary.

1. Keep it upbeat. Just talking together as a family is something that will make everyone involved feel better. Talk about the good things that happened during the month and ask the kids about the funniest thing that happened at school or around the neighborhood. Remember to keep your sense of humor and don't be afraid to laugh out loud. The family meeting is about communication, which will lead to better connections between family members, and it's much easier to communicate when you're having a good time.

2. Don't try to control participation. Let everyone in the family join in, While encouraging attendance for teenagers, don't make it compulsory. In a very short time, they will attend just to see what they may be missing—and make a bit of a fuss when they do attend. Also, make sure you don't talk over the heads of your kids by keeping things simple.

3. Encourage every person who lives in the home to join the meeting. If you live with in-laws, other relatives or a nanny, they are all part of the family and so they need to be part of the meeting. Make sure everyone involved gets some airtime. If one member is not talking use some gentle questioning to get him or her to open up. For example, you could simply ask the person, "What was the best thing that happened to you this month?"

4. Give everyone a chance to lead/record the meeting. This will help your kids feel validated and realize that what they think matters. Make a record of the decisions reached so you can refer to agreements made if you need to. You can also post the minutes of the weekly meeting on the refrigerator so everyone can be reminded of plans for the week. Remember to make sure you follow through and do what you say you're going to do as parenting is best done by example.

Here is an example of some typical family meeting agenda topics:

- What happened last month
- What's happening this week and future/holiday plans
- Old stuff
- New stuff
- Money stuff (There's always money stuff)
- Something wonderful my family did for me
- Something wonderful I did for my family
- Questions/comments about anything that anyone needs or wants to talk about

5. Help each other resolve any issues. Remember that this is a bonding tool designed to teach as well as inspire everyone that being close as a family is the best thing for all concerned. Keep talking about things until everyone agrees or at least agrees that it's OK to disagree. Getting support and talking about choices will teach your children about fairness and about being a family. In areas where there have been difficulties, point them out gently and don't be punitive. This will encourage everyone to ask for help where he or she needs it. Remember that win-lose is the same as lose-lose when it comes to your family.

9. Consult a therapist when necessary. If you are having trouble navigating some of the deeper issues you might want to consider bringing in a professional or counselor. Therapy isn't just for families that are breaking up or having problems with conduct. Most families have moments of difficulty or confusion as well as problems with communication. Being comfortable with getting some advice when needed will make your life a whole lot easier.

Setting Goals

For many people setting a goal is a difficult task, especially if the goal includes several family members.



ASSIGNMENT VIDEO: On www.youtube.com/

Search Title: SMART Goals - Quick Overview

Duration: 3:57 min

Link: <https://www.youtube.com/watch?v=1-SvuFIQjK8>



Solutions to Issues & Obstacles



ASSIGNMENT VIDEO: On www.youtube.com/

Search Title: How to Create and Implement Effective Action Plans

Duration: 11:30 min

Link: <https://www.youtube.com/watch?v=ztIYASw-tCc>

The Family Needs to Meet

MEETING AGENDA

RE: “Family Meeting”

Location: Time:

1. Identify the stage and what was discovered in the most recent assessment.
2. Gain a consensus of the work that is needed for the next 4 months.
3. Review Family roles and current projects/tasks.
4. Use the Decision-Making Model for the family, what decisions are needed.
5. Review a list of known Critical Issues to consider.
6. Discuss action items that may be required soon.
7. Roles and Responsibilities Assignments, progress report.
8. Create a Plan of Action for the next 4 months.
9. Determine date for follow up meeting.

Family Decision Making Model

“15. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. 16. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. 17. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” Colossians 3:15-17 New International Version (NIV)

PURPOSE: The purpose of a family meeting is multi-faceted. It can serve to communicate information regarding the loved one’s situation, or the status of family members. The meeting can also be used to make critical decisions or to determine role responsibilities. In many cases it is all of these.

TASK: In order to make effective decisions as a group, an agreed upon process is important to ensure participation and success in making the best decision. As a family, you are tasked to make many decisions in the Substance Use Disorders journey. This model will provide a framework that when used will be helpful to gain the best insight to the problem, create a criteria of importance, consider the options and weigh the possible outcomes.

CONDITION: By gathering as a group to learn about the Substance Use Disorders disease and its related progression, and dementia behavior, the family has taken the first step in making strong decisions. The second step is to understand the stages and Substance abuse related behavior that will occur. In the final step by gathering as a family, review the family values, understand how to use a “Family Decision Model”, assigning Roles and Responsibilities. Then set-up a strategy for the next few months. These are all great steps towards self-empowerment.

STANDARD: The standard is that each person will participate. The individual family member will take on an assigned role and be responsible to achieve that assignment in that role to their best ability. They will seek assistance when needed and give willingly when asked. Each family member will proactively be involved in decisions and communication with respect, dignity and a positive, “Can Do” attitude.

Identifying Your Family Values

Family Values

In Values, we find ourselves taking a stance on how we will follow a certain way towards making a decision. It is therefore important to understand the family values, prior to making critical decisions about the lives of our loved one.

Values (ethics)

From Wikipedia, the free encyclopedia

In ethics, values identify the degree of importance of some thing or action, with the aim of determining what actions are best to do or what way is best to live (normal ethical life), or to describe the significance of different actions. It may be described as treating actions themselves as abstract objects, putting value to them. It deals with right conduct and good life, in the sense that a highly, or at least relatively highly, valuable action may be regarded as ethically "good" (adjective sense), and an action of low in value, or somewhat relatively low in value, may be regarded as "bad.

What do you treasure the most that is without substitution for anything else? Write them down as individual family members.

- 1.
- 2.
- 3.

Now discuss them together as a family, each person stating what they feel are your family values. (note: there is no wrong answer).

Our Family Values Are:

- 1.
- 2.
- 3.

Combine Family Values with Decision Making Process

In Value Based Decision Making, we find ourselves taking a stance on how we will follow a certain way towards making a decision. It is therefore important to understand the family values, prior to making critical decisions about the lives of our loved one.

Practical Exercise # One: In a family meeting

Write down your top three values and those you feel are the families.

Each family member reads what they wrote down.

Where there were alike values, make a list.

Determine, which of this list are the top three values for your family? Open discussion

Write down which the family agrees are your families top three values. Prioritize them 1-3.

Our Family Values Are:

- 1.
- 2.
- 3.

Take the final list of the families top three values and use them in the “decision Making Model”

FAMILY DECISION MAKING MODEL

First Step: Identify Exactly What Happened

Practical Exercise # Three: What Happened?

Identify the details of the situation? (what happened, How did it happen, Who was involved?) What:

How:

Who:

Identify what you would have like to have happened?

Second Step: Analyzing the Situation

Every problem has a situation that surrounds it. Inside the situation is where you will find the solution to the problem. By analyzing the situation more closely, the solution will typically present itself. It will then be clarified and used in your decision-making process.

Exercise: We will take a look at the problem that impacts the situation. (what went wrong)

1 Assessing the Problem: (Describe exactly what is happening that is not working?)

2 Identify, what is causing this to happen?

3 In what areas did this create an impacting or disruption?

Third Step: What is the number one contributing factor?

Fourth Step: Gathering Information

It may seem unnecessary to have a segment that reviews “Gathering Information” however, this is a critical part of the decision-making process and can significantly impact the quality of your decision and its outcome.

There are three types of information to consider gathering:

1. The Primary Source information, the person it happened to, or from someone that was there.
2. The Secondary Source information, He Said She Said.
3. The Gut Feeling Source, no one person saw it happen, but I think this is what occurred.

All the above information types are reasonable to include in the decision-making model.

The Primary Source: Prepare a list of questions and then go to the primary source for answers. At times you may not know which questions are best to ask. So, research possible questions, then go ask them.

For Example: *If you are considering moving your loved one into a facility, go to the facility*

and take a tour. Do not just read their website, listen to someone else’s opinion about the facility or telephone them for a few answers. You will need to go directly to them as they are the “primary source” of information. You should come with a prepared list of questions in order to have an accurate understanding of their facility.

The Secondary Source: This is also a good resource to consider using when making a decision. The Secondary source is valuable because it allows others to provide information about your search for answers. From Secondary Sources you may find other topics or questions that need to be considered.

There are two areas that you need to be aware of; 1. The source of the secondary information. Who are they, what authority do they speak from, why are they providing this information? 2. Is this information a direct correlation to the topic that you are researching. Be careful, sometimes in secondary search it becomes tempting to seek out information that proves your premises to be correct. That is called bias. We want to avoid being bias, just the facts please.

The Gut Feeling: This is a combination of your past experiences, your family upbringing, your spirituality, and your cultural values and beliefs. They are all wrapped into one feeling of an emotional response. It should not be ignored, and rarely should it be the only information feedback that is used in making an informed “Values Based Decision”.

Third Step: Identifying Reasonable Options

The process of identifying reasonable options can only come after you understand the problem, considered your values, reviewed some of the considerations and circumstances as you continue to gather more information.

Once you completed the information gathering phase of decision-making process, it is at this point when you will eliminate ideas that are not a good fit and consider only those ideas that will work best. Use your values when considering options, use prayer for guidance, let the Holy Spirit take charge and follow what you believe God would have you do. It is our will to do His will.

Practical Exercise # Four: What are the top three pieces of gathered information?

INFORMATION GATHERING

Gathered Information:

Fifth Step: Criteria for Solution

Practical Exercise # Four: Does your solution qualify for consideration?

CRITICAL CRITERIA, final Review

1. Will this action ensure safety for your loved one?

2. Do you have the resources needed to complete these tasks?

3. Is your timetable realistic?

4. Do you understand the negative impact(s) your actions may create?

5. Would you want others to take this action on your behalf?

Sixth Step: Choose Best Solution

Practical Exercise # Five: Take your decision and place it here

Our decision is:

We will do the following:

Our expected outcome is:

A book designed to help your family get organized and make quality decisions: It's Time to get Organized, in the Substance Use Disorders Journey. www.Amazon.com

Also, The Pathfinder Certification of Completion Seminar. This book contains the 12 key issue seminars pulled from the 32 learning seminars in the Family Solution Finder Study Guide and Workbook. These are essential for the family to learn