

Future planning

A communication inclusive
vision board toolkit - SAMPLE

People

Activities

Descriptions

Vision Board

Things

Places

Actions

Things I do not like!

Importance of vision boards



Empowerment:

Vision boards help individuals to express their desires, goals, and dreams. This provides them with an opportunity to make their voices heard and promotes self-determination.



Promotes future thinking:

Creating a vision board encourages thinking ahead. This can be empowering for someone who does not have the communication skills to express their vision in words. Vision boards allow individuals to plan their future through symbols, pictures, and words.



Visual representation of goals:

A vision board is a tangible way for the individuals to visualise their goals. This can provide a sense of direction and purpose, making abstract ideas more concrete and motivating.



Collaborative planning:

The process of creating a vision board together fosters collaboration between the individual, family members, and support teams. It helps to involve the person in decision-making and encourages teamwork.



Accessing peer models and mentors:

By sharing their vision for their life, an individual can be encouraged, enabled or influenced by those who align with this vision. The first step in accessing peer models and mentors, is knowing your own direction. Vision boards can be a starting place.

Engaging your person



Listen and discuss in multiple modes:

Use the person's preferred communication method (AAC device, AUSLAN etc) to have discussions. Even if they are not yet using words expressively, if you talk to them using their preferred or potential method, you are providing them with models of words and messages that they may choose to use. They may not say them straight away but they may show agreement or disagreement with your suggestions.

Free resource!

It's critical that they are part of the process in a meaningful way. For more information on 'Talking about Stuff' try the free course at www.twowaystreet.com.au/courses/talking-about-the-important-stuff

If you need help with ideas to suggest or discuss, ask familiar people. Family, friends, or support workers can help to make a list of at least 10 things the person might enjoy or not enjoy to include in your discussion. Don't just pick the obvious ones and stop. Keep thinking and talking so that you can be sure to allow for the less predictable answers. Use our vision board prompts to create your lists. After that, read, show, or do these things with the person to see which ones they react to positively.



Engaging your person

Be sure to watch for less obvious ways that show they prefer or don't like something. Watch for body language: Notice how the person responds. If they smile, clap, or seem excited about something, they might be interested in it. If they look away or seem uninterested, it's a sign they may not like it. These multi-modal cues can help you know what they might want on their vision board.

Focus on them: This is not your vision board, nor is it a 'your vision for them' board. Make sure the vision board reflects what the person finds meaningful. The process will be more motivating and fun for them if you focus on their interests. The following pages have ideas to help guide this.

Give the person time to think and respond. If they need extra time, don't rush them. By being patient and offering consistent support, you'll help them feel comfortable and more engaged in the process. The process of making a vision board may take place across a period of time. There is no timeline. It might be a living document where items are added or removed across time. The only rule is that it's their vision.



Activity ideas



Use photos & images: Use personal photos or pictures from the internet to represent meaningful people, places, or activities.

Draw or paint: If the individual enjoys drawing or painting, they can create their own images to represent their ideas.

Use symbols: For those individuals using symbol-based AAC systems, use symbols that represent different areas of interest (people, actions, things, etc.).

Use magazines: Provide old magazines to cut out pictures.

Write notes: Write/type notes or words that represent their goals.

Scrapbook style: Use an array of pictures and cut outs. Then decorate with stickers, glitter, or colored pens to add personal touches.

Use Pinterest: Pinterest is a great tool for finding images that represent goals and dreams. You can create a digital board of ideas or print them to make a physical vision board.

Digital vision boards: For tech-savvy individuals, you can create an interactive vision board using digital tools. Websites or apps like Canva or Google Slides allow you to drag and drop images, text, and symbols.



Whatever you choose, consider something that presents the options in a way that is accessible to the person. If the person has vision impairment, consider other ways to collect their “pictures”. Their vision board might be a collation of sounds and/or tactile experiences.

Conversation Starters



Area	Prompts	Activities and observations	Thinking points	Example
People	Who do you want to be?	Observe their behaviour as they interact or watch others or characters.	If they could spend a day with someone who would they choose?	Grandma Friends Bluey Celebrities
Actions	What movements or actions do you enjoy	Allow them time and space to move as they like, and observe their emotions during this time.	How would they move if they had free time and space?	Running Driving Spinning
Activities	What activities do you enjoy?	Use picture cards of different activities and let them choose what looks interesting.	If they could plan an ideal day what would they be doing?	Music Sport Eating
Places	Where do you like to go?	Notice their reactions to different environments - where do they seem most relaxed or excited.	If they could go anywhere where would they go?	Nature Auntie's house Crowds
Description	How do you like things to be or feel?	Allow choices of different sensory experiences and note their natural preference.	What sensory experiences do they seek or choose?	Shiny Fast Yellow Calm
Things	What (toys/food etc) do you like?	Pay attention to their requests - do they ask for the same item repeatedly?	What would they want to keep with them constantly	Star Wars Fans Cars
Things I do not like	What do you not like/enjoy	Note when they protest or show discomfort - and try and figure out why!	What makes them upset?	Loud noises Frogs Crowds



Don't forget!

Focus on the person's perspective, not just 'Success'. The vision board should reflect what the individual cares about, not just what society considers a success. Focus on their interests, dreams, and things that bring them joy, rather than just measurable goals.

The vision board should focus on what truly makes the person happy. Pay attention to their preferences and signs of joy to make the board meaningful for them. It does not have to make sense!

The goal is to have fun, not to create a perfect board. The vision board does not need to look flawless. What's important is that the person enjoys the process and feels connected to the board.

Let the person help with every part of the process, from picking materials to choosing images. Even if they are emergent communicators their input is important and should be encouraged.

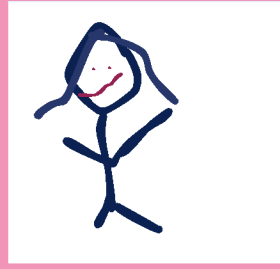
Make it a team activity! If possible, work on the vision board together with family, friends, or support workers. This makes the experience more interactive and helps the individual feel supported.

This can be done over time - don't rush the process! Creating the vision board can happen over several days or weeks, allowing the individual to add things as they think of them. This makes it less stressful and gives them time to explore what they want.

Celebrate small wins!



People



People



Activities



Things



People



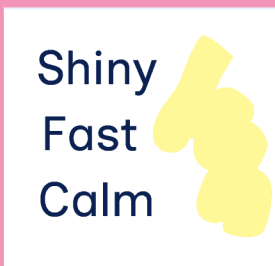
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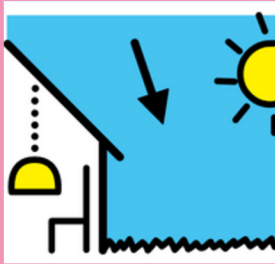
Descriptions

EXAMPLE

Vision Board



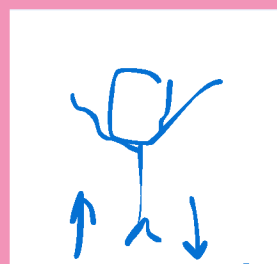
Things



Places



Places



Actions



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Places



Places




Things I do not like!




Things I do not like!

Next Steps

This is a draft resource and we would love your input



Try making a vision board with someone you know. This may be a great whole class activity!



Tell us about your experience and suggest any changes or additions.

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Download a copy of this resource here!



www.twowaystreet.com.au/mentoring

