

DREAMS

DEFINITION (from DHS' Person-Centered, Informed Choice and Transition Protocol)

Dreams and aspirations: *Strong desires, aims, or ambitions. Dreams and aspirations are what inspires and motivates a person. They are the things that people reach for to bring greater meaning, satisfaction or happiness to their lives.*

A dream is not something that is currently in place. It is a future-orientated dream/wish/hope or something the person wants or wishes to do. It needs to be specific and indicate why the person has identified it as a dream.

*Washington County supports the following terms or phrases as a person's "dream" or "global dream statement":

- Dream is...
- Dreams to...
- Hope(s) for/to...
- At some point in their life they'd like to...
- Wishes for/to...
- Highest wish is...
- Deepest desire is...
- Aspires to...
- Aims to...
- "Someday..."
- "I'd love to..."
- "I really miss..."

SUGGESTIONS ON HOW TO CAPTURE A PERSON'S DREAMS:

- Have a conversation with the person or those that know them best that is geared towards the person's dreams, ambitions, hopes, etc.
- Gear the conversation towards the person and the situation! The assessment and support plan processes can be long and cumbersome for people, and it can be hard for people to go beyond their immediate need to access basic services or programs.
 - Do not feel you have to ask the specific question, "What are your dreams?" if it does not seem appropriate (but this is great, too!)
 - If the person may not understand this question, you can get at their dream or dreams in different ways:
 - "If Joe could do anything or go anywhere or have anything or be anybody, what would it be?"
 - "What are your hopes?"
 - "If you could have any wish granted, what would it be?"
 - "When you have everything you need, what are you hoping to be able to do again?"
 - It can be helpful to save a bigger question like this for last to end the visit on a positive note!
- If the person or those that know them best are upset by the question or it does not feel appropriate to have a specific dream conversation, it is OK to derive a "dream" based on information gathered such as:
 - What is important to the person, what they like, what they want to do, etc.
 - What the person's identified strengths are
 - **This scenario would be only in these unique circumstances. It is always best to have the conversation!**
 - You can be honest with them about why you are asking (i.e. "Many federal and state policies require person-centered delivery and supports so conversations about hopes and dreams are a required part of the assessment").

If you have additional content or ideas for *Best Practices – Dreams*, please email:

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