Effective 07/01/2025 Meaningful Day is no longer available. We are updating our materials. Thank you for your patience.

DSHS WASHINGTON STATE Department of Social and Health Services

# Meaningful Activity Plan (MAP) Discovery

| NAME |
| --- |
| DATE |

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| **Strengths, skills, and gifts. . .** | **Things I like to do. . .** | **What others like and admire about me. . .** |
| **How best to support me. . .** | **Things I want to do over the next year. . .** | **What I think is fun. . .** |
| **What I don't like. . .** | **Something I've always wanted to do. . .** | **What makes me laugh. . .** |

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**Instructions for Resident:**

- **In the area next to the form title at the top of the page** write down your name and the date you completed your profile.
- **Strengths, skills, and gifts.** In this space, write down the things that you are good at doing and what you feel are your best qualities (gifts).
- **Things I like to do**. In this space, write down interests, activities, things you enjoy anything that is important for helping you live happily and safely.
- **What others like and admire about me**. In this space, write down what you believe other people like about you.
- **How to best support me**. In this space, write down ways that people can best help you do things when you need help. How should people communicate with you? What things are important for your health and your safety?
- **What I don't like.** In this space, write down the things you don't like to do or things you are uncomfortable with.
- **What I think is fun.** In this space, list things you think are fun.
- **What makes me laugh.** In this space, list people, places, ideas, experience or things that make you laugh.
- **Something I've always wanted to do.** In this space, list any activity or skill you've wanted to explore and try.
- **Things I want to do over the next year**. Read over what you've listed under all the headings and consider your likes and dislikes, strengths and skills, interests, what others admire about you, support & assistance you need, what you think is fun and what makes you laugh. List some activities you want to try over the next year.

**Instructions for AFH Provider:**

Add each Activity Goal derived from the MAP Discovery page to the Negotiated Care Plan in the Activities / Social Needs Section. This must be completed at least annually in alignment with the client NCP.

- The MAP Discovery page serves as an addendum to the NCP. The MAP Discovery page must be attached to the NCP when the AFH Provider sends it to the Case Manager.

**Note to Provider:**

Creating a Meaningful Activity Plan (MAP) is a discovery process used to search out what is truly important to a person to accurately determine the supports needed to accomplish individual activity goals. The resulting MAP should help define personal goals and highlight strategies that will enable the resident to pursue goals related to meaningful life engagement.

The individual decides whom to include in the planning of the MAP. Remember, the MAP truly belongs to the individual and it should honor that person's unique vision for the future. Do not become overly concerned about whether an activity goal is realistic. Remember these are the individual's goals and belong exclusively to the individual. The MAP can then, in turn, reflect the strategies the individual and you use to develop achievable steps toward their activity goals.