

Together with individuals
and their team of supportive
relationships, TEM Action
Planning Service



Reveals growth, purpose
and satisfaction



Restores choice, control
and confidence



Resolves grief, loneliness
and isolation



Relieves stress, confusion
and conflict



TEM Action Planning Services begin
with a warm and humble conversation
about your situation.

We can empathize with life's
challenges and always acknowledge
and appreciate each step taken
towards change.

We are available to take the time you
need to feel reassured, understood
and optimistic.

From there we move forward,
together.

Leave a message with Stephanie anytime at
stephanie@theellismethod.com or
call 514-557-6020.



THE
ELLIS
METHOD

Action Planning Service



Individualized and interactive
support to empower an enhanced
ageing experience

The Ellis Method provides innovative
opportunities to approach, assess, intervene
and monitor older adults and adults
experiencing difficult challenges.

TEM ACTION PLANNING SERVICE

Together we move through a three phase journey over eight weeks with over twenty hours of service.

INCLUDED WITH EVERY PLAN

- ✓ A personal consultation
 - ✓ 3 team meetings
 - ✓ 2 individual visits
 - ✓ 3 progress sessions
- ✓ Global development summary
- ✓ Individualized action plan
- ✓ Customized resource binder
- ✓ Personalized coaching tools
- ✓ S2S Communication Platform
- ✓ Ongoing support opportunities

TEM JOURNEY

Phase One – Develop

TEM Developments are more than assessments. TEM encourages the expression of experiences to discover unique influences on quality of life. A collaborative team meeting followed by two individual visits gets us started.

Phase Two – Design

TEM Designing is more than a piece of paper. TEM provides the possibilities and together we design your best way forward; for you, by you and with you. Each plan is local, personalized, achievable, goal-based and supported.

Phase Three – Sustain

TEM Sustainability is more than just monitoring. TEM follows through with hands on guidance, coaching, assistance and accompaniment. Confidently move forward as a team living with continued quality of life.

TEM TEAMS

TEM Teams are built with an open mind to the meaning of family to include all possible relationships that are valued and chosen by the individual of focus.

TEM TEAMS MAY INCLUDE:

Formal caregivers / Family members
Friends / Neighbours / Community members / Support professionals

TEM TEAM MEMBERS ARE APPRECIATED AND RESPECTED FOR THEIR UNIQUE:

Perspective / Experience / Schedule
Commitment / Motivation / Abilities