

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](mailto: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