

## **PERSON-CENTERED PLANNING**

*Autism Society of Michigan*

A person centered plan assists individuals to create a personalized image of a desired future. The development of a plan suggests a process that can organize and guide community change in alliance with people with disabilities thus building the bridge from both sides.

Essential to all person centered plans are the following characteristics:

**PERSON DIRECTED-** The plan for the person is that person's vision of what he or she would like to be and do. The plan is not static, but rather it changes as new opportunities and obstacles arise.

**CAPACITY BUILDING-** Planning focuses on the person's gifts, talents and skills rather than deficits. It builds upon the individual's capacities and affords opportunities which will reasonably encourage individuals to engage in activities that promote a sense of belonging in the community.

**PERSON CENTERED-** The focus is continually on the person for whom the plan is being developed, and not on plugging the person into available slots in a program. The individual's choices and preference must be honored.

**NETWORK BUILDING-** The process brings together people who care about the person, and are committed to helping the person articulate their vision of a desirable future. They learn together and invent new courses of action to make the vision a reality.

**OUTCOME BASED-** The plan focuses on increasing any or all of the following experiences which are valued by the individual:

- Growing in relationships or having friends.
- Contributing or performing functional/meaningful activities.
- Sharing ordinary places or being part of their own community.
- Gaining respect or having a valued role which expresses their gifts and talents.
- Making choices that are meaningful and expresses individual identity.

**COMMUNITY ACCOUNTABILITY** – The plan will assure adequate supports when there are issues of health and safety, while respecting and according their full dignity as a fully participating member of the community.

Adopted by the Howell Group of Michigan, October 1994

## **PERSON CENTERED PLANNING DOCUMENT**

Questions that should be addressed in a pre-planning meeting and at the formal PCP meeting.

### **Pre-Plan**

1. Where would you like your person centered plan to be held?
2. What would you like to discuss or plan for at your person centered planning event?
3. Who would you like to have to assist you in your planning? Who could help you get what you want?
4. Who should not be in attendance at your person-centered plan?
5. Is there any topic we should not discuss at your person-centered plan?
6. What time of the day or evening are you at your best? What day of the week is best for you or your guests?
7. Is there a certain snack and/or refreshment that you would like to have when you have your planning event?
8. Who will invite your guests to your planning event?
9. The best date for my planning event is.
10. The best time for my planning event is.
11. The best way for us to know if you are happy with what is being said or talked about at your planning event is the following:
12. I will facilitate my own meeting with the facilitation help of the following person:

### **Person-Centered Plan Meeting**

1. Who is here to help me with my plans?
2. What have been the most important events in my life?
3. What is important for others to know about my family and me?
4. What have been the biggest barriers in my life?
5. Who are the most important people in my life? Friends, neighbors, classmates, family friends and/or friends from the community
6. What makes it hard to have more friends in my life?
7. Where are the places I go in my everyday life that are enjoyable for me?
8. Barriers to going more places include:
9. My daily schedule:
10. Barriers to having a better daily schedule include:
11. Likes:
12. Dislikes:
13. Barriers to having more likes include:
14. What are choices that I currently make in my life?
15. What are choices that are made for me?

16. Barriers to having more choices include:
17. List all of the supports that may be needed if I am to be safe and happy.  
Remember; list those supports that can make me more independent, not less!!
18. What are the things that I do naturally on my own? What do I like to do?
19. How Do I show my interest and happiness?
20. What are barriers for people understanding more of my gifts and capacities?
21. My desires and dreams for the future!!
22. Barriers to realizing my dream may be...
23. If I had a day to do whatever I wanted, what do you think I would do!!
24. List activities that I would love to do if I had the opportunity.
25. Barriers to my ideal day may include:
26. What are typical activities that I may find fun in the community? It might include classes, health clubs, or recreational opportunities. The following activities would be likely to make me more involved in my local community.
27. Barriers to more community participation include:
28. OUTCOMES: