

PERSON-CENTERED PLANNING

for the Self-Determination Program

Video Companion Handout

Person-centered planning is a process to help you plan for your future. Person-centered planning (PCP) can help you make choices about what you want and need in your life and the services and supports that will help you reach your goals.

1

Choose your facilitator

- You get to decide who should facilitate and write your PCP.
- You can choose a professional or a trusted friend, community member, or family member.
- Choose someone you trust, who understands you, and who believes in your hopes and dreams.

2

Pre-planning

- Pre-planning is important for you and your facilitator to get to know one another and prepare for your PCP.
- Make decisions about your PCP meeting, like who should come, where it should take place, and what to discuss.

3

Facilitated PCP meeting

- Your PCP meeting should be positive, happy and fun! You are the leader of your own meeting.
- Discuss your hopes and dreams for the future and your short-term goals.
- Make an action plan for how you will accomplish your goals, and who will help.

4

Develop your written plan

- Your facilitator turns the notes and ideas from your PCP meeting into a written document.
- Your PCP document should include a positive description of who you are and what is important to you, your goals, an action plan to achieve your goals, and your support needs.

5

Put the plan into action

- Your PCP is only valuable if you and your circle of support do what the plan says.
- The Self-Determination Program can help you access the services and supports you need to make the plan happen.
- You can hire an independent facilitator to help you implement your plan.