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**PCISP Rubric Language Hints**

**STRENGTH-BASED LANGUAGE**

* I am good at…
* I am able to…
* I can…
* I am skilled at…
* I know how to…
* My strengths include…
* My assets include…
* I am learning to…
* I feel empowered to…
* People like that I…
* People admire that I…
* I am a…
* My responsibilities include…
* I understand…
* I help with…
* I communicate by…
* I express myself…
* I take care of…
* I make decisions about…
* I benefit from…
* It is best for me…
* It makes me feel…
* It’s important for others to know that…

**PERSON-CENTERED LANGUAGE**

* My vision is…
* My good life includes…
* My preference is…
* I would like…
* I prefer…
* I love to…
* I like to…
* I hope to…
* It is important to me that…
* I want to…
* I am determined to…
* I look forward to…
* I wish that…
* I plan to…
* I dream…
* I desire…
* I imagine…
* I gather…
* I’m excited when…
* I am most comfortable…

**INTEGRATED SUPPORTS LANGUAGE**

* My strengths include…
* My assets include…
* My hobbies include…
* My interests include…
* Relationships important to me in my life include…
* My parents are involved in some of my decision-making…
* I spend lots of time with my cousins…
* I love my teacher at school…
* I qualify for…
* I am eligible for…
* I receive…
* I have opportunities to…
* I am involved in…
* I go to…
* I participate in…
* I access the community…
* I utilize a smart phone…
* I have an iPad I use to help me communicate…
* I love watching YouTube on my iPad…
* In my downtime I love to play xBox…
* Watching television is one of my favorite things to do…
* With the use of my communication device, I am able to…
* With an accessible vehicle, I am able to…
* With my {mother’s} support, I am able to access…

**LANGUAGE TO MINIMIZE/AVOID**

* I cannot…
* I have trouble with…
* I struggle with…
* I require 24-7 support…
* I have an attitude…
* I am defiant…
* I’m not good at…
* My targeted behaviors are…
* Resistiveness, defiant, meltdowns, temper tantrums
* I require a legal guardian…
* I shouldn’t…
* Consumer…
* I do not participate in…
* I am unaware of…
* Non-compliant or resistant…
* I require a behavior support plan…
* Aggressive…
* I am suffering from…
* Unrealistic…
* Unreasonable…
* Denial…
* Attention seeking…
* Unable to, refuse to, cannot do…
* Inattentive…
* Victim…
* Wheelchair bound/confined…
* I am Autistic…
* Handicap…

**Suggested Resource(s):**

* Disability Language Style Guide <https://ncdj.org/style-guide/#:~:text=Use%20people%2Dfirst%20language%2C%20stating,in%20association%20with%20the%20condition>
* *Demystifying Disability* Author: Emily Ladau <https://www.penguinrandomhouse.com/books/646508/demystifying-disability-by-emily-ladau/>
* The Glass Half Empty…The Glass Half Full <https://portal.ct.gov/-/media/DMHAS/Publications/PCRPLanguagepdf.pdf?la=en>
* How to Use Your Strengths for a Better Life, Marianna Pogosyan, PhD <https://www.psychologytoday.com/us/blog/betweencultures/202002/how-use-your-strengths-better-life>
* What is a Strength-Based Approach? (includes activities and examples) Erika Stoerkel, MSc <https://positivepsychology.com/strengths-basedinterventions/>

The PCISP process should:

1. Provide individuals with the opportunity and ability to make a person centered, living document that reflects their hopes and dreams;

2. Create a supportive environment that encourages the use of common and understandable language to assist individuals and their families to engage in robust discussion to create meaningful plans;

3. Promote greater opportunities for individuals to exercise choice and self- determination;

4. Emphasize outcomes and strategies/activities that relate to the individual’s vision for a preferred life; and

5. Enhance and promote collaboration among Individualized Support Team (IST) members by providing discussion guidance, more consistent expectations, and a document that creates a clear road map for the IST to follow in support of the individual.

A person-centered plan should focus on the total person, clearly state their vision of a good life and reflect that vision in the outcomes, strategies, community activities, and integrated supports.

About Me section should set the stage for the reader to get to know the individual’s strengths, skills and preferences.

About Me – What people like and admire about me: should include statements from the entire team and relationships in the person’s life that highlight the personality traits that they LIKE and ADMIRE about the person.

About Me – My strengths and assets are: should detail the strengths and skills that a person possesses.

About Me – My good life includes: should outline what the individual identifies as their vision of a good life. The good life are those things that give a person purpose, happiness and feelings of fulfillment. This can include the relationships that are important to maintain and/or gain, where they live and/or want to live in the future, activities or interests that they want to continue to be involved in and/or pursue, and how they prefer to spend their days.

Each life domain section of an individual’s PCISP starts with identifying what is important to and what is important for the individual within that domain. What’s important to the individual is usually related to comfort, happiness, contentment, fulfilment and satisfaction. Important for generally includes what is necessary to maintain the individual’s health and safety. The PCISP combines and balances the two. Keep in mind, people usually don’t do what is important for them unless there is also a reason it is important to them.