Connections Case Management, LLC
Person Centered Planning

WHAT

- An ongoing strategic planning process
- Used to help people with disabilities plan for their future
- Focused on the Individual and what they want to do in the future
- A time for teams to meet and identify opportunities for the Individual to:
  - Develop personal relationships
  - Participate in their community
  - Increase control over their own lives
  - Develop the skills and abilities needed to achieve these goals
- Dependent on a team who cares about the Individual, and who will make sure that strategies discussed in planning meetings are implemented
- The beginning of a process that continues throughout a lifetime, not a product

PURPOSE

- To look at an Individual in a different way
- To assist the Individual in gaining control over their own life
- To increase opportunities for participation in the community
- To recognize individual desires, interests, and dreams (their vision of a "good life")
- Through team effort, develop a plan to turn dreams into reality

INITIAL STEPS

1. Develop a history or personal life story of the Individual. This is accomplished by sharing of past events in the Individual's life. Things such as background, critical events, medical issues, major developments, important relationships, etc., may be shared/considered.
2. Describe the quality of the Individual's life. Remember, a "good life" will mean different things to different Individuals. Brainstorming in this area will also help Individuals determine what they don't want. This may be accomplished by exploring things such as community participation, choices/rights, respect, competency, etc.
3. List personal preferences of the Individual, things the Individual enjoys doing. Also include things that are undesirable to the Individual.

PERSON CENTERED PLANNING

NEXT STEPS

1. Review trends in the environment. Identify ongoing events that are likely to affect the Individual's life.
2. Share a vision for the future. Through brainstorming, planning participants are challenged to imagine ways to increase opportunities.
3. Identify obstacles and opportunities…things that make the vision a reality.
4. Identify strategies...action steps for implementing the vision.
5. Identify the need for service delivery to be more responsive to the Individual's needs.

SUCCESSFUL PERSON CENTERED PLANNING

- The people involved in the planning have a clear and shared appreciation of the talents and capacities of the Individual.
- The people involved in the planning have a common understanding of what the Individual wants.
- The people involved in the planning meet regularly to review activities.
- The planning group includes a strong advocate or family member, ensuring that the interest of the Individual is being met.
- The planning group includes a person committed to making connections to the local community.