



MODULE 3

Person-Centered Planning



Person-Centered Planning & Your Individual Program Plan (IPP)

Your Person-Centered Plan will provide lots of information for your Individual Program Plan (IPP), including:

- ✓ Your goals
- ✓ The supports you need
- ✓ The services you need
- ✓ Who will provide those services
- ✓ Your Individual Budget and Spending Plan



Person-Centered Plan



Individual Program Plan (IPP)

Notes:



Person-Centered Planning

Through the Person-Centered Planning process you will:

- Identify your hopes and dreams.
- Identify what you like and what you are good at.
- Identify and set meaningful goals for your life.
- Choose who will provide services and support to help you meet your goals.



Notes:



Person-Centered Planning

- Does not happen just once.
- Helps you share your ideas in whatever way you communicate.
- Can happen where you feel comfortable.
- You can include other people you want to have present.
- Your planning process might be different than someone else's and that's okay.



Notes:



You Are The Expert On YOU



Think about things like:

- Where do you want to live?
- How do you want to spend each day?
- What kind of job would you like to have?
- Who are the important people in your life?
- What do you need to be healthy and safe?

Notes:



Dream About Your Future

- What are you good at?
- What are your hopes and dreams?
- What have you always wanted to do?
- What kind of person do you want to be?



Notes:

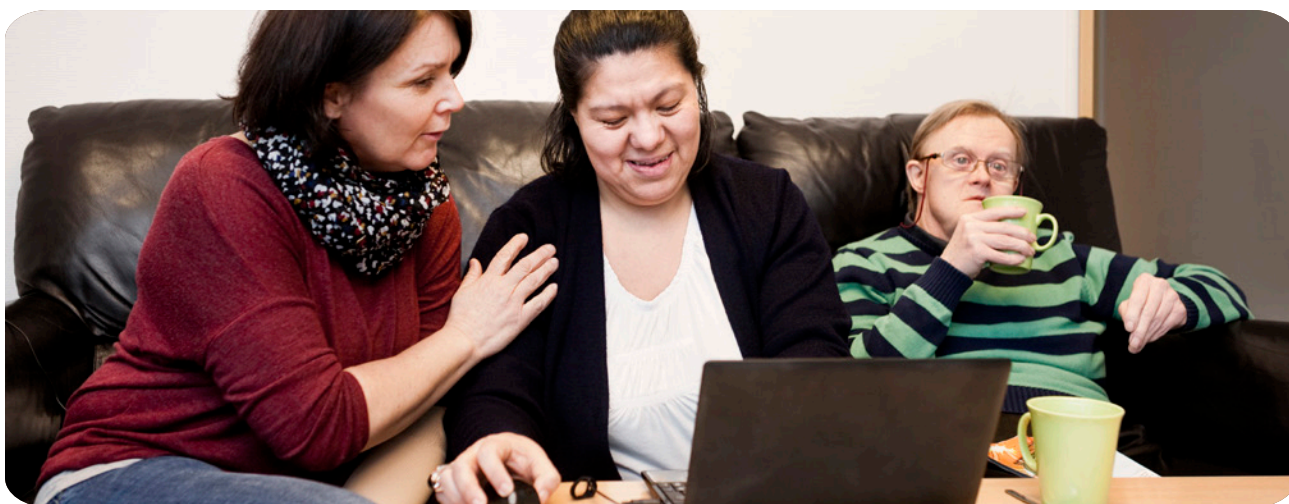
Turn Dreams into Action

- All things are possible with the right support.
- Support can come from lots of people and places.



Where To Start

- ✓ Think about who can help you — Who do you want on your planning team?
- ✓ Have a meeting- Meet with people on your team.
- ✓ Share your ideas with your team.
- ✓ Write your ideas down!



Notes:



Person-Centered Planning Is About YOU!

YOU decide what is important **TO** you to feel fulfilled and happy.

YOU plan for what is important **FOR** you to be healthy, safe and comfortable in your community.

A One Page Profile can describe what is important to you and important for you.

It includes:

- ✓ What others like and admire about you...
- ✓ What is important to you...
- ✓ How to best support you...

Notes:



Guidance For One Page Profiles

What is a one page profile? A one page profile is a starting point to summarize what we know matters to a person (what is important to) and how to support them well. The expert on the content of the one page profile is the person themselves and people who love and care most about them. It also shares what others appreciate about the person.

Why do we have them?

So that we know what is important to each of us and how to best support one another. We all have gifts and qualities, things that are important to us and we all require support that is individual to us.

What people like and admire about you...



What this section isn't

A list of accomplishments or awards - instead it is a summary of your positive characteristics.



What this section is

What is good about you? What do others value about you? What are the positive contributions that you make?

What is important to you...



What this section isn't

Simply a list of things you like - instead it is a summary of what really matters to you.



What this section is

A summary of what matters to you. This tells people what is important to you. What your hobbies, interests and passions are. Who is important to you and what makes a 'good' day for you.

How to best support you...



What this section isn't

A list of very general hints - instead it is the specific information that would be useful for other people to know about to make sure you feel supported.



What this section is

The specific information that would be useful for other people to know and do if they are to support you in the best possible way.



Guidance For One Page Profiles

Things to think about in general when developing one page profiles

Is the profile written in everyday language - not 'access the community' or other service speak? Does it use assertive language - "John must have a cup of hot chocolate, in a mug, each night before going to bed, usually around 10:45pm."?

How are they developed?

Developing a one-page profile can be something that you do with family, friends, manager, other team members or people who support you. You may wish to start developing your one-page profile on your own and ask others to get involved later.

How will this information be used?

Developing a one page profile is not just another paper exercise, but a way of getting to know more about you, so that we are able to work well with you.

Here are some ways you can use one page profiles:

- So we know what is important to and how best to support you.
- As a basis for learning what is working and not working for you and developing actions.
- For person-centered reviews.
- To find the best match when identifying people to support you. It's important to share relevant personal interests and hobbies to get the best match between what is important to you and the person providing the support.
- Within meetings to make sure we all know you really well and know what we need to know or do to support you.
- To value your unique contributions.

Your one page profile is fluid and can evolve as your interests and hobbies change.

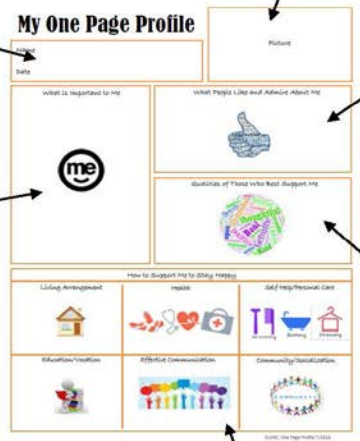


How To Create A One Page Profile



How to Create a One Page Profile

A One Page Profile captures the basic but important information about a person. It is positively focused on the individual's core qualities and abilities. Create the One Page Profile with family, friends, and others that supports the individual. Personalize the One Page Profile with pictures, artwork, and colors to reflect the individual described. Complete the One Page Profile to the best of your ability, there is no right or wrong way to describe the individual.

NAME & DATE Write down the name of the person the One Page Profile belongs to. <u>Update</u> the profile annually to see the changes and growth of the person every year!	PICTURE Insert a current picture or use/draw a picture that <u>represents</u> the individual's personality.	WHAT PEOPLE LIKE & ADMIRE ABOUT ME Include information about the person's strengths, abilities, and talents. Write down what others appreciate about the individual. Focus on the <u>positive</u> qualities and what the individual is good at!
WHAT IS IMPORTANT TO ME List anything that is <u>important</u> to the individual in their own perspective. What hobbies or interests does the person like to do to make them happy. What particular routines are important to the individual. What are some of the things that should be avoided. Write down what really matters to the individual, even if others do not agree.	My One Page Profile 	QUALITIES OF THOSE WHO BEST SUPPORT ME In this section, include <u>skills, personalities, and characteristics</u> of those who can best support the individual. Think of the people who makes the individual happy, who the individual work well with and who help the individual have a good day. What are some adjectives to describe those supports the individual?
HOW TO SUPPORT ME TO STAY HAPPY In this section, include things that are <u>important for</u> the individual. Ask yourself, what makes the individual feel better when he/she is stressed or unhappy. Think about the rituals and routines in different areas of the individual's life including living, health, behaviors, school/work, community and safety. Think of what others need to be mindful of.		

For assistance to create a One Page Profile
Please contact your Service Coordinator to setup a referral for a 1:1 Person Centered Planning appointment

#18-706



My One Page Profile

My One Page Profile

Name		Picture
Date		
What is Important to Me	What People Like and Admire About Me	
	Qualities of Those Who Best Support Me	
How to Support Me to Stay Happy		
Living Arrangement	Health	Self Help/Personal Care
Education/Vocation	Effective Communication	Community/Socialization

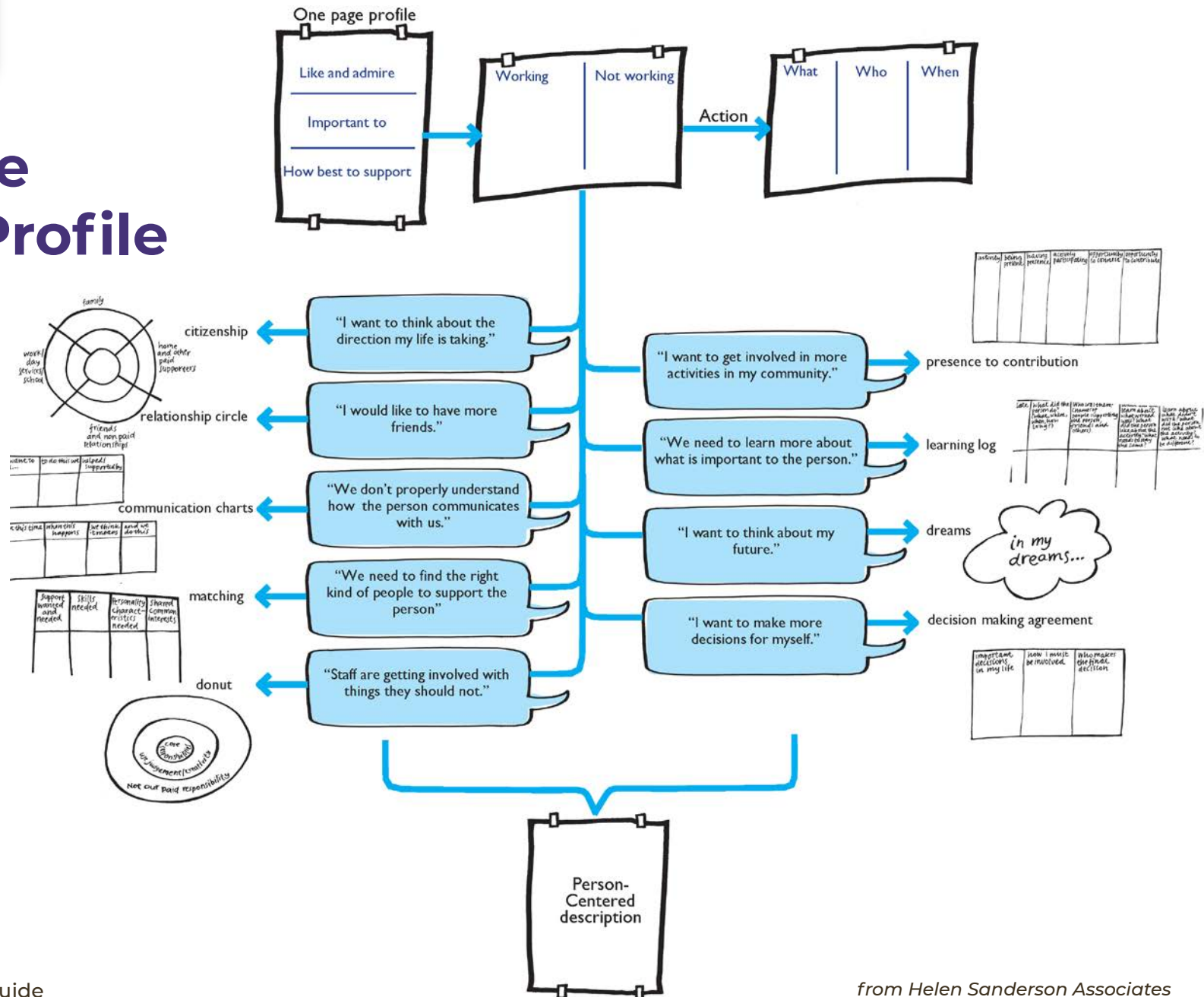
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ELARC: One Page Profile 8/2018



One Page Profile to a Person-Centered Description

My One Page Profile





Sofia's One Page Profile

All About Sofia!



What makes me happy...

- ⊙ Being in my pool
- ⊙ Watching videos on You Tube
- ⊙ Playing with Rocky
- ⊙ Designing pictures on my computer
- ⊙ Playing with my friends
- ⊙ Doing my art work
- ⊙ Summer Camp
- ⊙ Making new friends
- ⊙ Be accepted at school
- ⊙ Being independent

What people like and admire about me are...

- ✦ I am a good friend 
- ✦ I am creative
- ✦ I am a strong swimmer
- ✦ I take good care of our dog Rocky
- ✦ I'm a loving sister

How I want to be supported...

- ✦ Coordinate times with me for transportation so I can get to hang out with my friends after school and weekends Help me find summer camps to go to.
- ✦ At school, stay back and respect my personal space until I tell you I need help then come over to help me.
- ✦ I need a special computer and a mouse to do design on the computer.
- ✦ Be available to attend art classes with me.
- ✦ Help me find an electric wheelchair and learn how to use one.





Jason's One Page Profile

Jason's One Page Profile



The things people like and admire about me are...

- I love to work in the garden and be outdoors.
- I am a good singer
- I have many interests including hiking, video games, traveling and cooking
- I know a lot about different kinds of music and loves music! I am learning how to play guitar
- I am friendly and a good friend

What makes me happy...

- To have a job doing what he loves; working in a garden
- Singing; I enjoy singing at home and would like to explore joining a church choir
- Music; I love many different kinds of music and would like to learn how to play guitar
- To live in my own place close to my mom's house with support needed
- To continue to spend time with my friends
- To get around town when doing fun things with friends

How I like to be supported...

- Getting around town: To have transportation support to access my community when planning future activities with my friends
- Finding a job: To receive support to find a job in the area of gardening and to receive training and funds to purchase the garden tools I need
- Having my own home: To learn how to cook and do laundry before I move out on my own. Help with finding an apartment and receive support when I moves out so that I am successful
- Friends: help from others to figure out ways to have more friends who share in my same interests; i.e. hiking club, travel, video games, singing
- Be Healthy: help with finding a dietician to assist me to lose weight and remain healthy





How Can A One Page Profile Help?

A One Page Profile can...

- Be a quick effective introduction and a great way to share important information.
- Help you gather information to include in your Individual Program Plan.
- Clarify priorities.
- Provide instructions about how to care for someone.
- Help to find a good match for supports.
- Tell others what is important To and For you.
- Help others see your abilities not just your disability.

Notes:



Preparing For Your Person-Centered Plan

Tips to host your Person-Centered Plan Meeting:

Your person-centered plan must provide the following for you:

- Pick where and when to meet
- Pick who is invited
- Let you be the boss of your meeting
- Help you with what you need and want
- Give you the power to choose
- Talk about things that matter most to you
- Talk to you, not about you
- Respect your culture and use language that you understand

Tips to Develop your Person-Centered Plan:

- Think about the people, places and things that are important to you, your cultural background, and lifestyle preferences
- Think about your hopes, dreams and vision for the future
- If you are asking for help, tell people what language and or images you understand
- Think about what might be some meaningful goals for your life
- Develop a spending plan that helps you work towards your vision of the future and goals in your person-centered plan
- Clearly states who will provide services and supports to help you meet your goal
- Review your plan. You say when it is done.

Your plan will be reviewed and updated every 12 months in Self-Determination or when your situation or needs change or when you request a new plan.



Choosing A Person-Centered Plan Facilitator

Who can be a Person-Centered Plan facilitator?

- A person who is skilled in Person-Centered Planning, an Independent Facilitator or someone you know and are comfortable with who can help you plan.
- Your Individual Program Plan (IPP) must be developed utilizing a person-centered planning process.
- A list of Person-Centered Planners and Independent Facilitators who can assist with planning can be found here:
<https://www.elarc.org/home/showpublisheddocument/14956/637613404375300000>

Who pays for my Person-Centered Plan facilitator?

- Participants in Self-Determination may request person-centered planning services and utilize their budget to purchase planning supports.
- There are lots of resources on developing a Person-Centered Plan, it does not have to be a paid service.
- Your Independent Facilitator can provide this as part of your budget.

For more information go to:

<https://www.dds.ca.gov/initiatives/sdp/frequently-asked-questions/self-determination-program-frequently-asked-questions/>



Possible Questions To Ask When Selecting A Person-Centered Plan Facilitator:

	???	???
How much do you know about California's Self-Determination program?	How will you get to know and understand me?	Can you advocate for me at my IPP?
Have you had training to be a Person-Centered Plan facilitator? If so where, when and from whom did you receive training on Person-Centered Planning?	I have certain things that are really important to me, are you willing to adapt your services to meet my specific needs and preferences?	When would I receive a copy of my Person-Centered plan and my One Page Profile/Description? How will you send it? (i.e. mail, encrypted email, etc?)
Which method or methods of Person-Centered Planning can you use/facilitate?	How will you help me gather the people in my life who care about me and can support me?	What happens if I want to make changes in my plan or it does not reflect who I am?
What experience have you had as a Person-Centered Plan facilitator?	How would you prepare me and my circle of support for my Person-Centered Plan?	How long will it take for the entire process?
Do you have any testimonials from individuals or families that you helped?	How will my meeting be conducted? What role will I have?	Are you willing to negotiate a price based on my specific needs?
Have you created them for my age group, and/or in my preferred language?	How will we meet; virtually or in person?	Given what you know about what I need, how much would you charge? How is payment arranged?
Can you speak, read and write the plan in my preferred language?	Would you help me to create my plan only or are you able to help me find services or activities in my area that I might be interested in?	Do you have an agreement that includes: a statement what you will provide me, start date, the time period, payment schedule and right to termination?
	How well do you know my community?	



Person-Centered Planning Methods

Overview

Person-Centered Thinking skills can allow for the discovery of information and learning about a person through facilitated conversation and can include but are not limited to the following skills: Important To and For a person, How to best support a person, One Page

Descriptions/Profiles, Relationship Map, Communication Chart, Matching Supports, 2 Minute Drill, Learning Log, 4+1, Donut, and Working not Working.

Eastern Los Angeles Regional Center offers training on Person-Centered Thinking for more information go to: <https://www.elarc.org/about-us/person-centered-thinking>

Essential Lifestyle Planning assumes that there are people who are knowledgeable and know the person, but doesn't assume that there is a committed group of people around the person. Essential lifestyle plans have 4 basic sections:

The administrative section (Who the plan belongs to, who was involved in producing it.)

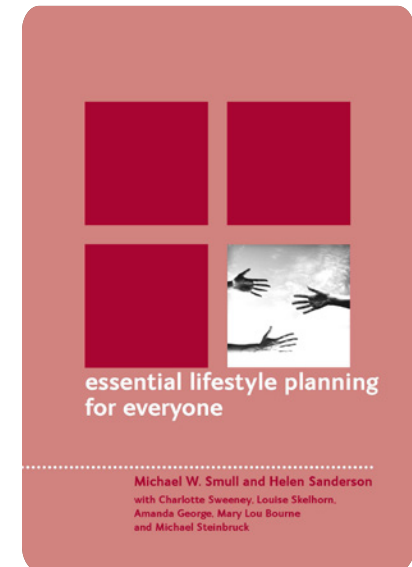
The person's section ("Good things about me." What is important to the person.)

The support section (Describes what support the person requires and what people who know and love the person believe are important for the person to be healthy and safe.)

The action plan (Reflects the discrepancy between what is described in the plan and what is happening in the person's life at the moment. Where something is important to the person and is not present in their life, an action is set to change this.)

Essential Lifestyle Planning was designed to be done inside and outside systems.

More Information: <https://allenshea.com/wp-content/uploads/2017/02/Essential-Lifestyle-Planning-for-Everyone.pdf>





Person-Centered Planning Methods

A Person-Centered Review is a person-centered/directed planning process that gathers together the people that are important in someone's life and uses person-centered thinking tools to explore what is happening from different perspectives including the person served, people important to them and other people they interact with. The goal is to come to agreement on what actions might need to be implemented to create a better life and match the best supports to help achieve this.

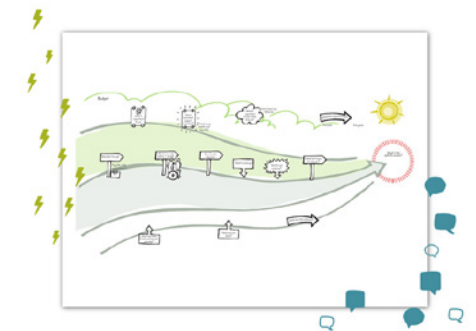
- It focuses on what matters to the person, what support they need and what is working and not working in their life.
- The questions asked in this style of planning are: What is Important To the person now and in the future (i.e. immediate and in the long-term future. This can include his/her hopes, dreams, and aspirations for the future). What support and help does the person need to be healthy and safe based on what is important to him/her; It should not include things that the person can do for him/herself independently. Issues to work out and questions to answer. What is working not working from different perspectives from each person; and from this an action plan is developed.



Planning Live is an inclusive and engaging approach to Person-Centered planning that brings the people who are important to the planner together, in person or remotely, to listen to what is important to them and discuss a range of topics that culminates in a set of desired outcomes and a “perfect week” on which to base the planning of the person's support and spending plan if in Self-Determination.

- In situations where people live together and share a support team, Planning Live can take the form of a 2-day event, where all those involved will go through the process together, and develop a unique support plan for each person. When people cannot come together, Planning Live can be facilitated online with a planner and their invited guests using videoconferencing and interactive technology.

More information: <https://helensandersonassociates.com>



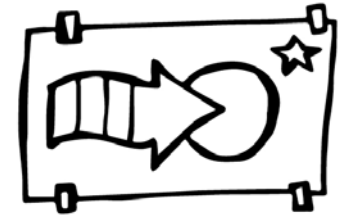


Person-Centered Planning Methods

PATH stands for Planning Alternative Tomorrow with Hope.

PATH is a group process for discovering a way to move toward a positive and possible goal, which is rooted in life purpose, by enrolling others, building strength and finding a workable strategy. It is a creative planning tool that starts with the end in mind.

- The work begins with a visioning process that focuses the person with whom planning is being done to identify their dreams and defining how they want to live at some point in the future. Then the planning process moves from the North Star backwards to an outcome of first (beginning) steps that are possible and positive.



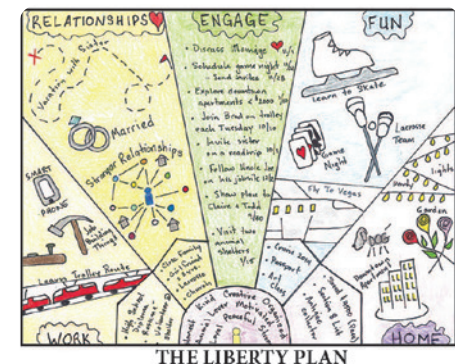
- This planning process is recorded primarily with graphics to represent the ideas shared and gathered. The questions asked in this style of planning are: What is your North Star? (i.e. ideals, values, passions, hopes, dreams) What is positive and possible to achieve within a time frame? What is happening now? Who to enroll? How to grow stronger? What are our next steps and strategies?
- This process is conducted by two facilitators, one to facilitate and one to record. Trust and confidentiality are two key issues that must be addressed and reinforced throughout this process.

More information: <https://inclusion.com/path-maps-and-person-centered-planning/>

Liberty Plan is a tailored process for cultivating possibilities in life categories that matter most to the person now. It is a chance to celebrate the person, reflect on what they want to accomplish and listen for what more the person wants to explore. It helps to engage the person in action. This planning process is recorded primarily with graphics to represent the ideas shared and gathered.

- The areas touched upon in this style of planning are: Celebrate (brag about yourself a bit), Reflect (review previous accomplishments), Listen (invite dreams, thoughts and plans to unfold), Engage (bring the future into now by creating an action plan).

More information: <https://www.lifeworks-sls.com/liberty-plan>





Person-Centered Planning Methods

MAPs stands for Making Action Plans. It is about mobilizing the circle of support that's around a person. A group of committed people who are willing to walk with the person and be with the person and typically are mostly not paid. MAPs is a way to mobilize that group and keep them mobilized and committed to continue to work towards a desirable future for that person.

- MAPs is a group process for clarifying gifts of the person, identifying meaningful contributions they can make or currently make, specifying the necessary conditions for contribution and making agreements that will develop opportunities for contribution.
- The categories covered: Hear the story, Honor the dream, Recognize the nightmare, Name the gifts, Say what it takes, Make Agreements, Celebrate.
- This planning process is recorded primarily with graphics to represent the ideas shared and gathered. This process is conducted by two facilitators, one to facilitate and one to record.



More information:

<https://helensandersonassociates.com/person-centered-approaches/maps/>



Resources For Person-Centered Thinking And Planning

Person-Centered Planning Video Clips:

Michael Smull on the evolution of person-centered thinking:

<https://www.youtube.com/watch?v=pYtDrbkZCps>

Michael Smull on what is meant by person-centered approaches, thinking and planning including PATH, MAPS Essential Lifestyle Planning?

<https://www.youtube.com/watch?v=tvANuym5VXY&t=70s>

Michael Smull conducting a person-centered planning meeting:

<https://www.youtube.com/watch?v=OQbs5JhKNXM>

Helen Sanderson describing the person-centered reviews process:

<https://youtu.be/YpRz-YEwkP8>

Julie Malette facilitating a person-centered review:

<https://www.youtube.com/watch?v=wxe-tB6wOz8>

Michael Smull Person-Centered Planning Session:

<https://www.youtube.com/watch?v=OQbs5JhKNXM>

What is Person-Centered Planning:

<https://www.youtube.com/watch?v=ECcH5SR4KzM>

5 Key parts in Person-Centered planning an easy read guide:

<https://www.youtube.com/watch?v=BSLRow7kkYs>

Beth Mount Person-Centered Planning:

<https://www.youtube.com/watch?app=desktop&v=2REk6fYDZ0Y>

Beth Mount Person-Centered vs System Centered:

<https://www.youtube.com/watch?v=y77y7XW8GtE\>



Resources For Person-Centered Thinking And Planning

One Page Profile Resources:

One page profile examples:

<https://onepageprofiles.wordpress.com/>

Getting Started with one page profiles:

<https://www.youtube.com/watch?v=ekEtStwHdhY>

One page profile templates:

<http://www.sheffkids.co.uk/adultssite/pages/onepageprofiletemplates.html>

Person-Centered Planning Resources:

Helen Sanderson Associates Planning Live:

<https://helensandersonassociates.com/person-centered-approaches/planning-live/>

Personal Futures Planning:

<http://tinyurl.com/jxe7s4l>

Allen and Shea website with a Personal Passport workbook:

<http://tinyurl.com/hvpsraj>

Person-Centered Planning: Pathways to Your Future – A toolkit for anyone interested in Person-Centered Planning, Sonoran University Center for Excellence in Disabilities, Department of Family & Community Medicine, University of Arizona – an overview of the person-centered planning process with tips for those in an individual's circle of support:

https://sonoranucedd.fcm.arizona.edu/sites/sonoranucedd.fcm.arizona.edu/files/publication/PCPToolkit_Final.pdf

Charting the Life Course:

<https://www.lifecoursetools.com/>

DDS' Individual Program Plan Resource Manual: A Person-Centered Approach:

<http://www.dds.ca.gov/RC/IPPPManual.cfm>



My Notes & Next Steps

Support Authority
Freedom Responsibility
CONFIRMATION
