

Person Centered Planning Fact Sheet



The future belongs to those who believe in the beauty of their dreams. Eleanor Roosevelt

What is Person Centered Planning?

Person Centered Planning is a process that highlights your capacities and dreams for the future so that you can receive the supports that make the most sense for you.

There are several planning methods available. Facilitators help you choose the method that fits best.

No matter what method is used, planning should:

- Involve **people you feel comfortable with**
- Be held at your and your guests' **convenience**
- Be held in a **location that works best for you and your guests**
- **Be respectful** of the way you communicate

- **Focus on your skills** and interests
- **Encourage creative thinking** about what the community has to offer
- Result in action steps that will **move you closer to your dream**



Who can help you develop your plan?

Most facilitators have received formal training in one or more of the planning processes. Ask your service coordinator or someone at your agency

if they have received training. You can also try the Person Centered Planning Guide for Facilitators published by OMRDD. MaryBeth Schneider at

the NYSARC, Inc. State Office can also help you find a facilitator. Just call 518-439-8311 or e-mail schneiderm@nysarc.org

Types of Planning

Essential Life Style Planning

Personal Futures Planning

MAPS

PATH

For more information try these links....

- www.qualitymall.org
- www.inclusion.com
- www.capacityworks.com
- www.ilr.cornell.edu/ped/tsal/pcp/index.html
- www.aamr.org/Policies/pdf/family_centered.pdf

