



# Supportive Strategies Consulting, LLC

## **What is person centered planning:**

Person centered planning is a discovery process used to help a person and their team create a fulfilling and meaningful life plan. This process is facilitated to allow for exploration into what is truly important to and for a person, what are their aspirations and dreams, as well as the gifts they have to share. It provides the time and space to dream, explore possibilities, create a meaningful plan, and provides action steps to be implemented by the team.

## **Things needed for person centered planning:**

1. A person with people who know, love, and care about them.
2. People who want to explore, dream, create and implement a plan to create a meaningful life for that person.
3. A comfortable amount of time and space to fully explore and create.
4. A wall to put large paper on.
5. Markers.

## **Key parts of person-centered plan:**

1. The individual with a disability is at the center of the planning process.
2. The person will contribute and attend to the best of their ability and at their own comfort level.
3. Family members and friends are part of the planning process and will attend to the best of their abilities and knowledge and experiences with the individual.
4. The plan reflects what is important to the individual and focuses on interests, strengths, skills and aspirations.
5. Action steps focus on life and experiential goals, and what may be needed to help the individual be successful.
6. Is a facilitated process involving ongoing listening and learning that leads to further action steps for the team to implement.
7. The written document can/will continue to change after the facilitation process as the person and team learns more about what is possible, and interests and aspirations change or evolve.

## **Plans include:**

1. Who is important to the individual's life.
2. The individual's aspirations, skills and interests.
3. An idea of what a meaningful future looks like in the community.
4. Identifying 2-3 areas to address and learn more about.
5. Action plan with steps to learn more about people, places or activities identified in the planning process for the next month and next 6 months.