

# DEVELOPING A PERSON CENTERED PLAN

Person Centered Planning is the bedrock to informing supports & services.

The plan should support the person in achieving personally defined outcomes in the most integrated community setting, - ensure delivery of services in a manner that reflects personal preferences and choices, and - contribute to the assurance of health and welfare.

And that it:

1. *Reflects cultural considerations*
2. *Uses plain language*
3. *Includes strategies for solving disagreement*
4. *Offers choices to the person regarding services and supports the person receives and from whom*
5. *Provides a method to request updates*

Source: <https://www.medicaid.gov/medicaid/hcbs/downloads/system-wide-person-centered-planning.pdf>

Learning how people want to live is just the beginning of the foundation. Helping people have their own lives requires that we also change how we think; how we are organized; and how we act."

~Michael Smull, Founder of The Learning Community for Person Centered Practices.

Trudy is a credentialed Person Centered Thinking Trainer and Plan Facilitator, with 30+ years experience supporting and training families and professionals. Developer of Person Centered Planning: Train the Trainer at PHP and the owner of a Supported Living Agency for fourteen years. She is also the parent of a person using regional center services.

**Dare to Lead™ Trained**

pcptrudy@gmail.com

www.personcenteredplans.org

## PERSON CENTERED PLANNING WHAT YOU SHOULD EXPECT

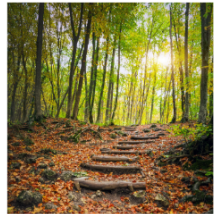


### START WITH A CHAT

Every planner has their own style and level of experience with person centered planning and approaches. Ask out about their experience. Ensure the planner is a good match through an interview. Ask for specifics about their experience.

### NEXT STEPS

Schedule a mutually agreed upon time and place for the discovery session. Gather information from those who know and care about the person but are unable to attend the live meeting.



### THE DISCOVERY SESSION

The in-person discovery session includes anyone the individual for whom the plan is being developed wants there and others who care the person. A celebratory environment and warm, welcoming environment. Playing the person's favorite music.

### IT'S A CELEBRATION

Person centered planning is about getting the person the life they desire, where their preferences are considered and embedded into the daily routine, while providing for their health and safety. Celebrate this experience.



### THE ONE PAGE DESCRIPTION

Following the discovery session a "one page description" will be developed for review. Revisions will be made by the planner. Once approved, the person centered plan is developed and provided in print and electronically.

### THE PERSON CENTERED PLAN

The person centered plan is developed with the balance of **Important To & Important For** the person. Learning unveiled at the discovery session combined with other input is woven into the plan. The plan informs the services.



### REVISIONS AND UPDATES

People are not static beings. Conduct annual Person Centered Reviews to update and revise the plan as needed. Should a major life event occur, it is recommended to update the entire plan.