

# Person Center Plan

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# Person Centered Thinking

- It's about the individual
- It is about "YOU"
  - What do you like?
  - What do you dislike?
  - What are your dreams?
  - What are your strengths?
  - What are your goals?
  - What do you want to do?

# Person Centered Planning

- The process where you and your team gather the information and put it together
- Your team is made up of:
  - YOU
  - Anyone YOU want:
    - Circle of support
    - Loved ones
    - Family
    - Friends
    - Service providers
    - Regional center
    - Teachers, and so on

# Circle of Support



It starts with you and expands from those closest to you to those farther around you

# Person Centered Planning

- Minnesota's Governor's Council on Developmental Disabilities video
- Click here to watch the video: <https://www.youtube.com/watch?v=-mqqq5lCzHQ>
  
- Publication: It's MY Choice
- <https://mn.gov/mnddc/extra/publications/Its-My-Choice.pdf>

# Person Center Plan (PCP)

- Its purpose is a fulfilling and joyful life by
  - Empowering you
  - Making connections
  - Making detailed plans on how to achieve outcomes
- It can be a simple document or complex
- It can be completed by you and your family or pay an individual/agency to do it for you
- For resources on who is certified to do PCP check with
  - your local regional center OR
  - State council on developmental disabilities regional office
- It's NOT required

# Person Center Plan

- The Core Values are for YOU to have
  - Choice
  - Independence
  - Respect
  - Participation
  - Positive- be strength based, not deficit based

My One-Page

Your Name Here      Age and Occupation

What people appreciate

What is important to

How to support

# One page Description

A snapshot of you  
Can be simple or Fancy



**AMERICAN MOST WANTED**

*Sylvia Delgado*

**What is Important TO me:**

- Being able to choose the people in my life
- My independence (I'm an only child)
- Getting enough "me" time throughout the day
- Remaining on top of my financial goals
- That other respect my boundaries
- Eating healthy and losing weight
- Continuing to work toward my dream of getting a job at Disneyland
- Being a leader in the ministry of my church
- Feeling like I belong to a community

**How You Can Best Support Me:**

- Respect my boundaries
- Remind me of my financial accomplishments when I'm making bad financial choices
- Offer me healthy food options
- Avoid telling me "that's unhealthy" but also don't encourage me when I'm craving something unhealthy

**My Favorite Things:**

- Jewels - my dog
- Going to Disneyland and treating myself to a meal
- Caramel Light Frappuccino
- Very Berry Hibiscus Tea
- Law and Order SVU
- Going to the movies
- My Friday nights with the teens

**What Others Like and Admire About Me**

- Positive Attitude
- Hard Worker
- Always Smiles
- "A great Advocate for herself and others"
- "Says what she thinks"
- "Easy to talk to"

Sample of one page description

THANK YOU!