

Person-Centered Planning

Renewed Interest

What can person-centered planning do for you?

It can help you discover and share your goals for a better or different life.



It can help you make important choices.



It can help you find people in your community to support you.

It can help you get everyone singing off the same page, your page!



Person-centered planning is a process for learning how a person wants to live and what is important to him or her in everyday life. Person-centered planning:

- ◆ looks to the future and helps the individual plan for positive outcomes.
- ◆ puts the person, his or her gifts, talents, goals, preferences, needs, and choices, in the center of the planning process.
- ◆ helps people find and use their voices to state what is truly important to and for them.
- ◆ requires really listening to the person and the people who know the individual best, and translating a vision for a better or different life into action plans.
- ◆ enlists the support of family, friends, and professionals to follow through on those action plans and journey with the person to a life enriched by community connections and opportunities to contribute and receive support.

Person-centered planning is not a new idea. It has been around for almost 20 years. Facilitators use an assortment of tools to introduce person-centered planning to individuals with disabilities and their families. The tools help individuals and their supporters understand the process and desired outcomes.

WHY THE RENEWED INTEREST IN PERSON-CENTERED PLANNING?

- ◆ The basic idea of person-centered planning-- planning with and for a person-- makes good sense.
- ◆ Reports have shown that person-centered planning assists individuals and their families as they seek to develop ordinary lives and connects people to their communities.
- ◆ With the growing national emphasis on consumer-directed services with Medicaid funding, the Centers for Medicare and Medicaid Services (CMS), the federal Medicaid agency, has highlighted person-centered planning as a promising practice and is promoting its use.



SOME TOOLS OF PERSON-CENTERED PLANNING

ESSENTIAL LIFESTYLE PLANNING (ELP)

- ◆ Developed by Michael Smull.
- ◆ ELP is a guided process for learning how someone wants to live and for developing a plan to help make it happen.
- ◆ The process has 5 steps (listen, understand, plan, implement, and assess).
- ◆ During the process, people who care about the individual listen to learn what is important to and for the individual.
- ◆ “...a practical down to earth approach to get a written document that contains what is important to an individual: likes and dislikes, daily routines and rituals, what makes sense and doesn't, etc. It ends up as a useful guide for anyone who needs to know about the person” (*A Good ELP is a Work in Progress*, Molly Drummond's mother).

PERSONAL FUTURES PLANNING

- ◆ Developed by Beth Mount.
- ◆ Personal Futures Planning is a facilitated process that seeks to discover capacities, identify opportunities in the local community, and develop service supports that are responsive to the unique interests and needs of individuals.
- ◆ The process has a series of 6 tasks.
 - Task 1: Getting to know you (relationship map)
 - Task 2: Finding capacities in people
 - Task 3: Finding capacities in community life (the community building map)
 - Task 4: Creating a vision for the future (the futures map)
 - Task 5: Supporting people over time to take action and try new things (follow along meetings and action plans)
 - Task 6: ORGANIZATIONAL CHANGE: Constructive system supports (designing platforms for change)

PATH

- ◆ Developed by Marsha Forest, Jack Pearpoint, and John O'Brien.
- ◆ PATH is a creative planning tool that starts with the end in mind and focuses the person with whom planning is being done on naming his/her dreams.
- ◆ The facilitated process has eight steps
 1. *Touch the dream* - get people to explore images of how they want their future to be - identify their purpose
 2. *Sense the goal* - get the group to look backwards from the future describe that positive desirable future as if it had already happened
 3. *Ground it in the now* - Describe the present and explore how that feels
 4. *Identify people to enroll* - Who needs to be involved to make change possible?
 5. *Recognize ways to build strength* - How can we improve our skills, our relationships, our knowledge?
 6. *Chart action for the next few months* - What kinds of things will have to be done to realize the goal?
 7. *Plan the next month's work*
 8. *Commit to the first step*

For more information about person-centered planning tools or upcoming training opportunities, contact:
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