

Person Centered Planning

The Philosophy of Person
Centered Planning

Core Principles

- All people are capable of making choices.
- Give people information about options in order to make informed choices.
- Involve the person's circle of support.
- Identify possible health and safety concerns regarding choices.
- Honor the person's choices!

Why do we have to do it?

- In 1995, the Michigan Mental Health Code established the **right** for all individuals to have an individual service plan developed through the person centered planning process.

Michigan Mental Health Code Definition

- “Person centered planning is a process for planning and supporting the individual receiving services that builds upon the individual’s capacity to engage in activities that promote community life and that honors preferences, choices, and abilities. The person centered planning process involves families, friends, and professionals as the individual desires or requests.” (330.1712)

Person Centered Planning is a Process

- “Process” mean that this is not just one meeting.
- Person Centered Planning is a framework for ongoing practice.

Definition of PCP: Promote Community Life

- Builds upon the person's capacity to engage in community life.
- It is not enough for a person to “remain” in the community; they need to be engaged in the community.

Definition of PCP: Preferences, Choices, Abilities

- The person actively participates in their own health and healing through making their own life choices, evaluating their choices, and making adjustments to support their growth and recovery.

Definition of PCP: Preferences, Choices, Abilities

- Choice making is therapeutic.
- It helps the person learn to trust him/herself.
- *“Without choice, you have no control.
Without control, you have no dream.”*
 - *Southern Collaborative of Self Advocates*

Definition of PCP: Health and Safety

- Issues related to health and safety are discussed and resolved through the person centered planning process.
- Solutions must support the person's capacity for personal control and direction, while assuring health and welfare.

Definition of PCP: Involves Family, Friends, Supports

- Person centered planning invites contribution.
- Supportive people can meet on a regular basis to help the person actualize personal visions, dreams and aspirations.

Person Centered Planning

The Pre-Planning Meeting

When is the Pre-Planning Meeting?

- The Pre-Planning Meeting must be completed in a separate meeting prior to the actual Person Centered Planning meeting.

Purpose of Pre-Planning

- To introduce the concept of person centered planning
 - Explain that person centered planning is a process used to help people identify their hopes and dreams, and to develop a plan that moves them closer to their hopes and dreams.

Purpose of Pre-Planning

- To decide who should be invited to the person centered planning meeting
 - Explain the benefits of involving others in building a support system.
 - Record the following:
 - Who is invited.
 - Contact information and who will contact them.
 - Authorizations for release of information.
 - If the person declines having others invited.

Purpose of Pre-Planning

- To choose a time and location for the person centered planning meeting
 - The person centered planning meeting must occur at a time and location that is convenient for the person.

Purpose of Pre-Planning

- To choose a facilitator for the meeting
 - A facilitator is a person who will guide the conversation in the meeting.
 - A person should be identified to record the content of the meeting.

Purpose of Pre-Planning

- To determine which topics the person would like to discuss in the person centered planning meeting, and which topics the person would not like to discuss.

Summarizing Pre-Planning

- At the end of the meeting, verify:
 - Who is to be invited.
 - Who will contact potential participants.
 - Who will facilitate and record.
 - Topics to discuss or not discuss.
 - Time and location for the meeting.

Person Centered Planning

The Person Centered Planning Meeting

Primary Goal for the Meeting

- To assist the person in the development of a plan that will support the person's ability to achieve the life they want to lead.

Tools

- Paper, easel or flip chart for recording the meeting
- Marking pens
- Tape

Beginning the Meeting

- Thank everyone for coming and stress the value of their involvement.
- Explain the purpose of the meeting and what is going to happen.

Beginning the Meeting

- Brainstorm ground rules. Ground rules help the meeting stay focused and manageable.
- Sample ground rules:
 - Everyone has a chance to talk without interruption.
 - Try not to be judgmental.
 - Everything is confidential.
 - If you commit to an action, follow through.

Strengths Discovery

- Ask the group to think about the person's strengths and to share their thoughts about that person's character, gifts, and abilities.

Discussing Hopes and Dreams

- Ask the person what some of their hopes and dreams are for the future.
- Sample questions:
 - What are your hopes and dreams?
 - How would you like to spend your time?
 - Who do you want to spend time with?
 - What are some things you would like to learn?
 - When you felt better, what did you like doing?

Discussing Hopes and Dreams

- Help the person clarify and expand on hopes and dreams.
- Sample expansions:
 - You said you want to go back to school. What would you like to study?
 - You would like to “feel better.” What would you be doing each day if you felt better?

Discussing Hopes and Dreams

- Ask the other participants if they can recall hopes and dreams shared by the person.
- Ask the person if those hopes and dreams are still relevant to them.

Identifying Goals

- Ask the person and the participants to identify some goals that might move the person closer to identified hopes and dreams.
- Sample questions:
 - What could you accomplish that would help you reach your dreams?
 - What are some steps you could take to move closer to your dreams?

Identifying Barriers

- Ask the person and participants if there are any barriers or problems that might stop them from achieving their goals.
- Brainstorm strategies for breaking through barriers.

Identifying Strategies

- Strategies are specific, behavioral objectives that will help the person reach their goals.
- Identify what services and supports are necessary.
- Clarify who is going to do each action.

Summarizing the Plan

- Present a verbal summary of the meeting, including identified hopes and dreams, goals, barriers, action steps.
- Ask the group for any additions/corrections to the record of the meeting.

Evaluating the Process

- Did everyone feel listened to and understood?
- Did we identify all of the important hopes and dreams?
- Does the plan seem workable?

Next Steps

- Ask the group about reconvening at a future date to review the plan.
- Emphasize that the person centered plan is a living document.