**Person Centered Planning**

*“A person centered plan can help those involved with the focus person see the total person, recognize his or her desires and interests, and discover completely new ways of thinking about the future of the person."*

Beth Mount & Kay Zwernik, 1988

**What is Person Centered Planning?**

Person Centered Planning is an ongoing problem-solving process used to help people with disabilities plan for their future. In person centered planning, groups of people focus on an individual and that person's vision of what they would like to do in the future. This "person-centered" team meets to identify opportunities for the focus person to develop personal relationships, participate in their community, increase control over their own lives, and develop the skills and abilities needed to achieve these goals. Person Centered Planning depends on the commitment of a team of individuals who care about the focus person. These individuals take action to make sure that the strategies discussed in planning meetings are implemented.

**Purpose**

* *To look at an individual in a different way.*
* *To assist the focus person in gaining control over their own life.*
* *To increase opportunities for participation in the community.*
* *To recognize individual desires, interests, and dreams.*
* *Through team effort, develop a plan to turn dreams into reality.*

**Who is involved in person centered planning?**

The focus person and whomever they would like can be involved. It is best when there is a facilitator and a person to record what is being shared. The facilitator should be a person that is neutral and unbiased, leads the group through the process, handles conflict and assures equal opportunity for all to participate. Others that may be included are parents/guardians, other family members, friends, professionals, and anyone else who has a personal interest in the person.

**Where is person centered planning done?**

At focus person's home or somewhere comfortable, informal and hospitable.

**When should person centered planning take place?**

At anytime in a person's life: It is best done before transition services are determined. Person centered planning can be a very useful tool to develop the transition plan. [[1]](#footnote-1)

**Resource**: <http://factoregon.org/resources/person-centered-plan-samples/>

1. PACER Center, [http://www.pacer.org/tatra/resources/personal.asp 2014](http://www.pacer.org/tatra/resources/personal.asp%202014).

   [↑](#footnote-ref-1)