Overview of Person-Centered Planning and Elements that Support Successful Transition

Person-Centered Planning:

- Describing, dreaming and doing
- Develops a plan of action through creative support, based on the wishes, dreams, hopes and needs of the person
- Uses plain English, not jargon
- Looks at strengths and capacities
- Takes the commitment of the team to support the person to accomplish otherwise “unattainable” goals
- Different styles are available and all methods gave guidelines

Key Elements that Support Successful Transition Experiences:

- Providing emotional support while encouraging new experiences
- Balancing specialized services with community life and work experience
- A focus on talents, gifts and capacities
- Work to develop meaningful community presence and participation
- Develop and build strong relationships
- Making choices and defining one’s life goals
- The opportunity for meaningful contribution of gifts and talents

How We Can Help to Make All Planning More Person-Centered

- Assure that the person you are meeting about is always there!
- Make sure the meeting is a comfortable place
- Keep all conversation directed to the person. Assert their presence and insist that they are spoken to- not about-regardless of their cognitive ability. Invite the person’s friends, family, supporters, or others that can include a non-professional opinion
- Suggest family members bring a friend or supporter
- Refer all goals, plans, etc. back to the dreams and aspirations of the person
- Never accept pre-done plans! This should be developed with the person it is designed for
- Ask the person to assert their feelings and tell others what they want in terms of services and supports
- Dream with the person- help to break away from the formal assessments and think about the applicability as it relates to meaningful day to day life
- Be respectful and understand your role- be creative and supportive. Make a commitment with the person at a personal level