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## PERSON - CENTERED PLANNING

What is person – centered planning? Person – centered planning is a process-oriented approach to empowering people with disabilities. It focuses on the person and their needs by putting them in charge of defining the direction for their life, not on the systems that may or may not be available to serve them. Person – centered planning consist of an ongoing problem solving team to help people with disabilities plan for their future. These individuals take action to make sure that the strategies discussed in the planning meetings are implemented. For these plans to be successful the team has to have a clear and shared appreciation of the talents and capacities of the person and a understanding of what the person wants. The team must meet regularly and have a strong advocate assuring that the interest of the person is being met. Person-centered planning should take place at anytime in a person’s life. It is best done before transition services are determined. It’s a useful tool in developing the transition plan. This is the beginning of a process that continues throughout a life time. Person-centered planning requires a new and different way of thinking. No longer do we rely on the system and say “We are sorry, our school and community do not offer that service.” Instead we learn to say, This is a reasonable and positive goal for the individual. Let’s figure out how we can work together to make it happen.

### PURPOSE

- To look at an individual in a different way.
- To assist the 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 individual and who ever they would like can be involved. It is best when someone records what is being shared. The recorder should be a person that is neutral and unbiased that leads the team through the process, handles conflict and assures equal opportunity for all to participate. Others included are parents/guardians, friends, professionals and others who have a personal interest in the individual.

### ON-LINE RESOURCES

- Beach center on Families and Disability articles about Person-Centered Planning:  
<http://www.beachcenter.org>
- Family Village Page on Financial and Estate Planning:  
<http://www.familyvillage.wisc.edu/general/estate.htm>
- Cornell University – The Person-Centered Planning Education site:  
<http://www.ilr.cornell.edu/edi/pcp/>

ARKANSAS TITLE V CHILDREN WITH SPECIAL HEALTH CARE NEEDS PARENT ADVISORY COUNCIL  
recommends this Tip Sheet to help your family in transitioning your young adult.